

## **Bio Valerie Bryant**

Valerie, the TUFF Mama with mettle-tested parenting solutions, is an author, high energy presenter, and mom of 9. A military veteran, she served through the rank of captain and learned winning operational strategies which she massaged and effectively applied in her own home. Valerie mixes key military core values with her mother's nurturing heart, producing TUFF Mama concepts. Showing other moms to do the same is her passion, guiding them to selfcare lifestyles for personal restoration and empowering mindset.

Easy-to-apply methods that move moms into assured positive action are Valerie's hallmark. Audiences benefit from immediate takeaways as she freely reveals incredible childrearing methods laced with uncommon humor. The uniqueness of what Valerie brings ensures that she exceeds every expectation for her audiences.

Valerie holds a bachelor's degree from The University of Michigan and a master's degree (summa cum laude) from Troy University. A prolific copywriter, e-Learning course designer, and educator, she produces content and delivers programs that grow the masses.

A native of Atlantic City, New Jersey, Valerie finds pleasure seeking yet more life adventures from her perch in Texas.