

**Press  
Kit**

# **Dr. Nikeya Young**

Board-Certified Mental Health Coach | TEDx  
Speaker | Keynote Speaker | Podcast Host |  
CEO & Founder of

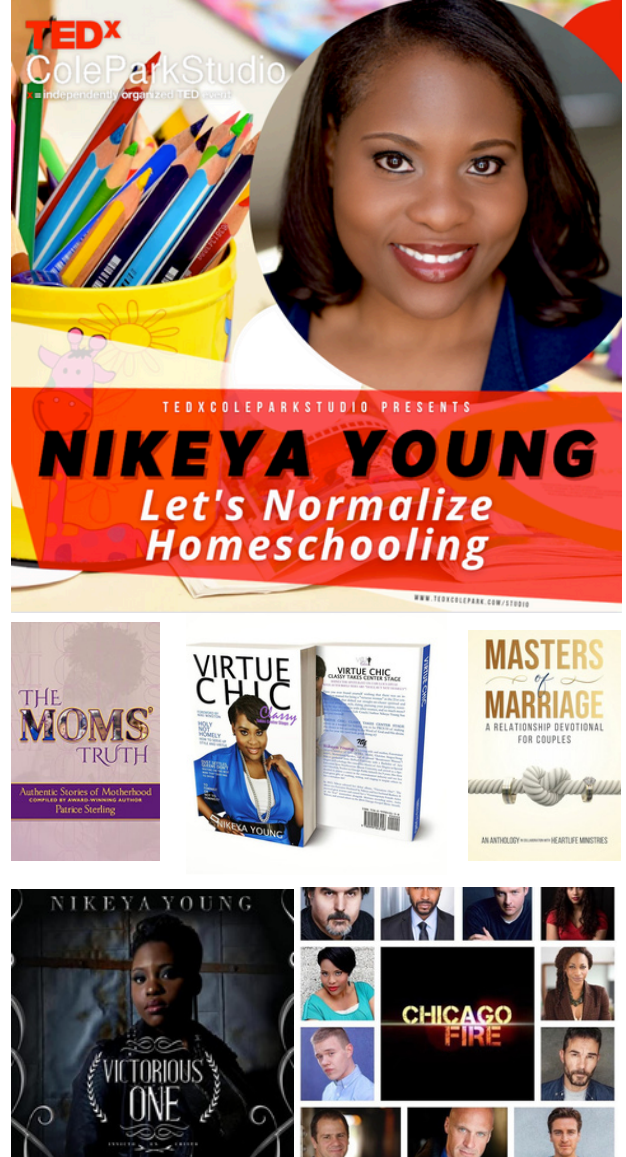
**VICTORIOUS**  
*Living Solutions*



## Bio

Dr. Nikeya Young is a Best-Selling Author and Award-Winning Speaker. In addition, she is a Board-Certified Mental Health Coach and Master Life Coach/TEDx Speaker/Keynote Speaker and Workshop Facilitator/Ordained Minister/Podcast Host and Entertainer. Her TEDx Talk, "Let's Normalize Homeschooling," made her the 1st Black person to give a talk on this subject.

She is also an experienced subject matter expert for various local and national media outlets (such as WGN's Daytime Chicago and News Nation, Thrive Global, NBC News, The Steve Harvey Show, and more!). Through her transformative coaching company and podcast (Victorious Living Solutions), Dr. Nikeya empowers high-potential leaders to CRUSH their goals despite life's challenges and live VICTORIOUSLY!



Dr. Nikeya released her debut album, "Victorious One" (a Christian Pop/Hip-Hop/R&B album) in 2013. She was nominated for the Contemporary Female Vocalist of the Year award at the Chicago Gospel Music Awards that year.

As an agency-signed actress & model, Nikeya is a member of SAG-AFTRA. Her national television appearances include multiple appearances on NBC's hit drama "Chicago Fire", The Steve Harvey Show, the movie "Divergent" (2014), and the lead role on Episode 206 of TV One's "Find Our Missing: The Tameka Anderson Story". Nikeya has worked with brands such as Country Financial, YMCA, Memorial Hospital, Walgreens, Kellogg's, and Kohl's to name a few! She has held multiple beauty queen titles, and her expertise has been featured on several media outlets and blogs.

Dr. Nikeya is happily married to Rodney Young Jr., and is a proud "Slay-at-Home", homeschooling mama bear to the couple's 3 beautiful children: Rodney III (R3), and twin baby girls Nalea and Nissi. The couple resides in the South suburbs of Chicago, Illinois.

# VICTORIOUS

*Living Solutions*

Victorious Living Solutions was established in 2018 by CEO/Founder Dr. Nikeya Young. We are a transformative coaching company that empowers leaders to CRUSH their goals despite life's challenges and live VICTORIOUSLY!



## Speaking

Are you looking to inspire and empower your conference or event audience? Dr. Nikeya offers powerful keynote speaking designed to equip your audience with the tools and strategies they need to live victoriously!



## Signature Speaking Topics



### Command Your 24

We all get the same 24 hours... how you use them is critical! This powerful keynote speech will equip your audience with three proven time and self-management strategies to take control of their days, weeks, and years!



### Get Yo Mind Right

Empower your audience to push past limiting beliefs, imposter syndrome, and other mental roadblocks in Dr. Nikeya's critically acclaimed "Get Yo Mind Right" keynote speech! Learn our 5-part R.E.M.I.X. Framework™ to unlock your audience's potential and achieve mental clarity.



### Taking Dominion

In this keynote speech, Dr. Nikeya offers strategies for improving communication, building trust, and fostering unity within your team so that you can lead in your industry!

# Our Clients

**TED<sup>x</sup>**

**sschira**  
South Suburban Cook  
— Human Resources Association —

**SHRM**



**LEWIS**  
UNIVERSITY







## Workshops

Invest in your greatest asset, your team! Dr. Nikeya's workshops are not just about theories, they provide practical tools and strategies that can be immediately applied to ignite positive and lasting transformations within your organization.

### Workshop Topics



#### **Command Your 24**

This powerful workshop version of our Command Your 24 framework goes deeper to equip teams with group and individual activities. Teams leave this workshop with time and self-management strategies that will skyrocket their productivity!



#### **Get Yo Mind Right**

In a more in-depth group setting, Dr. Nikeya's critically acclaimed "Get Yo Mind Right" workshop unpacks the 5-part R.E.M.I.X. Framework™ in multiple sessions! Teams leave this workshop with outstanding mental toughness, clarity, and tools to increase individual and corporate achievement.



#### **Taking Dominion**

In this workshop, Dr. Nikeya takes teams through a series of sessions designed to increase unity and collaboration in their organizations. Teams work together to overcome communication and personality clashes to emerge as a force to be reckoned with!



ONLINE COURSE

"I participated in Dr. Nikeya Young's Command Your 24 online course, and I highly recommend it to anyone aiming to finally achieve their long-overdue goals. Through Nikeya's guidance, I revisited fundamental techniques such as goal setting and vision boarding, while also gaining new tools and tips for staying focused and keeping track of my progress each quarter. The workshop introduced me to new resources and ideas that helped keep me motivated and moving forward. Its engaging accountability element kept me committed to my goals. Additionally, the workshop helped me identify and eliminate all those time-wasting activities, allowing me to get laser-focused on what truly matters."

-Daschell Hills, Writer, Editor & Project Manager



## Empowering people to maximize their lives

In 2024, Dr. Nikeya launched her signature online course, Command Your 24, taking professionals through an 8-session journey of regaining control over their time and lives!

## This Course Includes



### 8 Power-Packed Sessions

In this 8 session format, Dr. Nikeya walks students through topics such as mental health, weekly and daily planning, visualization, and developing consistency.



### Engaging Assignments & Projects

Far from a "spectator" video course, Command Your 24 includes a workbook, packed with powerful assignments, such as visualization exercises, assessments, and personal reflections. These assignments prompt student to take immediate action on each lesson.



### Regular Accountability

Along with the course, students have access to an online community of like-minded achievers. Dr. Nikeya also provides a monthly live coaching session with students to help them integrate the lessons into their lives.





## Podcast

In 2022, Dr. Nikeya launched the Victorious Living Solutions Podcast, which features lively conversations that empower leaders to CRUSH their goals despite life's challenges and live VICTORIOUSLY!

[www.victoriouslivingsolutions.com/podcast](http://www.victoriouslivingsolutions.com/podcast)



## Testimonials

“Nikeya is such a joy to work with! She has great energy and enthusiasm which comes through in her speaking engagements. I'm looking forward to working with her again in the future, and I can't recommend her enough if you are looking for a speaker!”

**-Michele Ryan, DBA, Assistant Professor of Business Administration, Lewis University**



“I booked Nikeya as a speaker for my LinkedIn LIVE-A-Thon for the Enthusiastically Self-Employed and the audience and I loved her presentation. Her topic was "Get Yo Mind Right! - Mental Health Tips for Solopreneurs." She was an excellent speaker online, and delivered information that was relevant to our audience. She has an engaging, personable presentation style. So many great insights about mental health for solopreneurs. Considering booking Nikeya? DO IT!! And tell her Brenda sent you!”

**-Brenda Meller, CEO, Meller Marketing**

“Dr. Nikeya Young was an awesome workshop presenter at the State of Black Learning Conference 2023 in Pittsburgh, PA. We were honored to have her share her expertise with conference attendees. The visual aids that Dr. Nikeya used were also very helpful. I encourage all education professionals to book her workshop.”

**-Marla McCreary, The State of Black Learning Conference**

Dr. Nikeya was one of the guest speakers at an event I attended. Her topic was very engaging, and her delivery was insightful and practical. The way we think matters! Nikeya caused us to consider, evaluate, and be mindful when doubt, Imposter Syndrome, and other negative thoughts try to creep in. I highly recommend Nikeya as a speaker and trainer; she is awesome!

**-Joan C. Smith, MSHRM, HR Trainer & Consultant**





# Media



Tips To Mentally Thrive During This Holiday Season





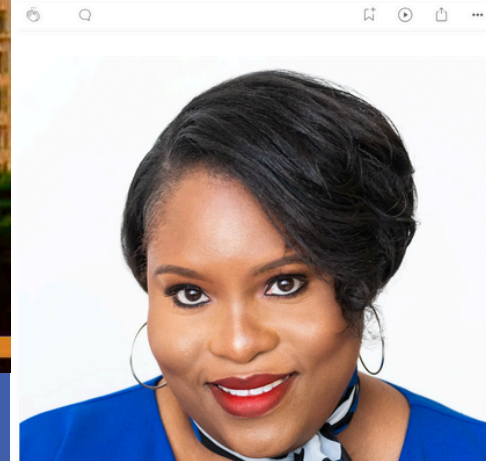


## Nikeya Young of Victorious Living Solutions On How To Get Past Your Perfectionism And 'Just Do It'



Authority Magazine Editorial Staff · Follow

Published in Authority Magazine · 12 min read · Mar 13, 2023



## Media Appearances

Dr. Nikeya is a Subject Matter Expert, Panelist, or guest for television, radio, and podcast shows, Nikeya is an award-winning speaker with years of experience and multiple local and national media placements. Nikeya is also the host of her "Victorious Living Solutions" podcast! And as an agency-signed entertainer and member of SAG-AFTRA, she is very comfortable in front of the camera.

"Nikeya Young was great to have as a panelist on our national news program, NewsNation Now. She was fun and extremely insightful. Looking forward to booking her again!"

-Justin Ochonicki, Emmy-Winning TV Producer

\*Nikeya's sizzle reel can be viewed here: [Speaker Reel for Nikeya Young](#)





# Awards & Honors

- 2023 African-American Entrepreneur Association “Entrepreneur of the Year” Honoree
- Distinguished Toastmaster (2022)
- 2020 Area 54 Speech Contest 1st Place Winner in Table Topics and International Speech
- 2019 Black Women’s Professional League “40 Under 40” Honoree
- 2012 Who’s Who in Black Chicago Honoree
- 2010 Mrs. Tulsa County Plus America
- 2009 Mrs. Illinois Plus America (3rd Runner-Up to Mrs. Plus America)
- 2008 Miss Illinois Plus America (4th Runner-Up to Miss Plus America)
- 1999 Miss Black Tulsa Pageant 3rd Runner Up

# Education

- Ph.D. in Christian Organizational Leadership, Newburgh Theological Seminary (2024)
- Graduate of Living Word School of Ministry, Bill Winston Ministries (2022)
- M.A in Special Education (LBSI Endorsement), Northeastern Illinois University (2007)
- B.A in Psychology w/Concentration in Human Development, DePaul University (2003)

# Certifications

- Certificates of Proficiency in Presentation Mastery and Effective Coaching, Toastmasters International
- Certified Master Life Coach (Training in the following Life Coach Specializations: Goal Success, Happiness, Professional Coaching, & Life Purpose), Transformation Academy
- Professional Workshop Facilitator Certification and Public Speaker Training, Transformation Academy
- Board Certified Mental Health Coach, International Board of Christian Care



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Entertainer.

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Facilitator.

312.834.7774

[info@victoriouslivingsolutions.com](mailto:info@victoriouslivingsolutions.com)

[www.victoriouslivingsolutions.com](http://www.victoriouslivingsolutions.com)



Victorious Living Solutions



@victoriouslivingsolutions



@victoriouslivingsolutions



@DrNikeya



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As seen and heard in

