



CHRYS TAL OJO

WOMEN'S EMPOWERMENT SPEAKER



FROM **HURTING** TO **HEALING**, FROM **GRIEF** TO **GRACE**.

CHRYS TAL'S SERVICES



KEYNOTE SPEAKING

Empowering and emotionally intelligent keynotes rooted in healing, faith, and purpose.



WORKSHOP FACILITATION

Interactive, therapeutic sessions on resilience, grief, identity, and emotional health.



PANELIST & PODCAST GUEST

Chrystal brings raw, real insights and thought-provoking dialogue to panels and podcasts.



MENTAL HEALTH CONSULTING

Supporting faith-based and corporate leaders in building emotionally healthy environments.

MISSION STATEMENT

Chrystal Ojo empowers women to embrace authenticity, process their pain, and step boldly into the fullness of their God-given identity. Through faith-forward keynotes, mental health insight, and relatable storytelling, she brings hope, healing, and wholeness to audiences across the world.



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CHRYSTAL OJO

PMHNP-BC, AGPCNP-BC

If resilience had a name, it would be **Chrystal Ojo**. Recently widowed from her college sweetheart, she is determined to see her pain turned to purpose for the glory of God and the good of humanity.

Starting her career in the corporate world, Chrystal made a bold shift into mental health nursing—a move that fuels her passion and gives her a unique, down-to-earth perspective that resonates deeply with women in both corporate spaces and faith-based circles.

Chrystal launched Sound Mind Health Services LLC in 2022, an outpatient mental health clinic that services over 200 patients in Michigan.

With over ten years as a nurse practitioner, Chrystal blends faith with modern medicine to bring a powerful balance to mind, body, and spirit. Her warmth and relatability make her a standout in healthcare, where she's helped countless individuals to go from surviving to thriving.

As a speaker, Chrystal has a gift for drawing people in with her authenticity. She's known for wrapping real, hard truths in humor, making even life's biggest challenges feel conquerable. Chrystal doesn't just speak to inspire; she speaks to uplift, empower, and energize. Book Chrystal for your next event, and watch your audience leave motivated, refreshed, and ready to tackle their own journeys with purpose and grace.

KEYNOTE TOPICS



ARE YOU OK? Cultivating a Culture of Care and Compassion

Chrystal helps audiences re-engage emotionally and spiritually by unpacking the life-changing power of this simple question—and how it can spark healing, honesty, and connection.



GRACE TO GRIEVE Moving from Surviving to Thriving After Loss

As a mental health provider and widow, Chrystal shares her framework for healing from grief while rediscovering purpose and joy on the other side of pain.



DARE TO BE RARE How to Use Your Unique Identity for Purpose and Profit

Chrystal helps audiences re-engage emotionally and spiritually by unpacking the life-changing power of this simple question—and how it can spark healing, honesty, and connection.



THE POWER OF THE PIVOT Leaning Into Life's Changes with Grit and Grace

Using lessons from her journey from corporate to nurse to "SHE-EO", Chrystal teaches audiences how to navigate transition with clarity and confidence.



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WHOLENESS IS THE NEW HUSTLE



WHO DOES CHRYSYAL SPEAK TO?

WOMEN IN TRANSITION

From divorce to grief, career shifts to identity crisis, Chrystal offers guidance and grace for every stage.

FAITH-BASED COMMUNITIES

Blending biblical principles with practical application, Chrystal helps women heal from the inside out.

MENTAL HEALTH & CORPORATE WELLNESS SPACES

Addressing burnout, emotional fatigue, and identity alignment in professional spaces.

COLLEGE & YOUNG ADULT WOMEN

Helping the next generation navigate identity, purpose, and personal wellness with wisdom and humor.

VISION STATEMENT

Chrystal envisions a world where women no longer suffer in silence, but find the courage to be seen, heard, and healed. Her work is rooted in transforming brokenness into purpose and equipping women to live lives that are real, resilient, and redeemed.



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Looking for a speaker
who blends **soul, strategy,**
and sisterhood into an
UNFORGETTABLE
KEYNOTE
EXPERIENCE?

WHY BOOK **CHRYSTAL?**



FAITH MEETS MENTAL HEALTH

Chrystal combines clinical expertise with spiritual insight, creating a balanced, healing experience for the mind and soul.



AUTHENTICITY THAT RESONATES

Her R.A.W. (Relatable, Authentic, Witty) style makes even tough topics feel safe, honest, and empowering.



HOLISTIC EMPOWERMENT

Chrystal speaks not just to inspire, but to equip women with real tools for emotional and spiritual transformation.

THANK YOU!

Thank you for considering Chrystal Ojo for your next event. We are honored at the opportunity to bring faith, healing, and authenticity to your audience. We look forward to creating a space where truth is spoken, hearts are stirred, and lives are transformed.

CONTACT



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