



Crystal Robinson

NBC-HWC

Life & Wellness Coach

Holistic Nutrition & Lifestyle

Intuitive Energy Healer

Transformative Workshops

Author & Keynote Speaker

Crystal is a passionate advocate for overall health and wellness, serving as a National Board Certified Health and Wellness Coach and Chopra Certified Total Well-being Coach.

With over 30 years in engineering, including 17 years as Vice President, Crystal brings a unique blend of analytical skills and heartfelt compassion to her coaching practice. Her personal journey through grief, anxiety, and chronic health challenges has inspired her to empower others to embrace their inner strength and take charge of their lives.

Her holistic approach encompasses mindfulness, Ayurveda, neuroscience, and positive psychology, providing comprehensive support for deep healing and purpose discovery.

By honoring clients as the experts of their own lives, she fosters autonomy, creativity, resourcefulness, and self-efficacy. Crystal helps individuals cultivate awareness, understand human behavior, and facilitate profound breakthroughs.

Ultimately, Crystal is committed to helping others illuminate their unique journeys toward happier, healthier, and more fulfilled lives.

“You are not here to perform wellness. You are here to remember who you are.”

Crystal Robinson

CORE VALUES

- ✦ Equal Opportunity
- ✦ Personal Empowerment
- ✦ Empathy & Open Mindedness
- ✦ Individuality & Creativity
- ✦ Everyone has Infinite Potential

SERVICES

- ✦ Keynote Speaking
- ✦ Group Workshops
- ✦ Events
- ✦ Consulting & Coaching
- ✦ TV & Podcast Guest

SPEAKING TOPICS & WORKSHOPS

- ✓ Self Empowerment
- ✓ Managing Stress and Anxiety
- ✓ Wellness and Self-care
- ✓ Nutrition and Healthy Lifestyle
- ✓ Limiting Beliefs and Human Behavior
- ✓ Relationship Building
- ✓ Meditation Share Circles
- ✓ Intuitive Energy Healing
- ✓ Past Life Regression
- ✓ Grief & Connecting with Spirit
- ✓ Creating & Honoring Personal Boundaries
- ✓ Purpose & Mindset for Success & Fulfillment



TESTIMONIALS

“Crystal Robinson is an exceptional group facilitator who brings warmth, knowledge, and authenticity to every holistic healing session she leads. Her ability to create a safe and supportive environment allows participants to open up, reflect, and truly engage in their healing process. Crystal’s approach beautifully blends mindfulness, emotional awareness, and practical tools for personal growth.

Crystal is not only professional and well-prepared but also genuinely cares about helping individuals heal and thrive. Her sessions are both grounding and inspiring—leaving clients feeling more centered, hopeful, and empowered on their journey toward recovery.”

– **Ryan Grow - Office Manager, East Coast Recovery Center**

“The group coaching experience was incredibly powerful. Even though we all came from different places, Crystal created a space where I felt safe, seen, and supported. I walked away with tools I still use every day, and a deeper connection to myself than I ever thought possible.”

– **Shelly M. - Participant in Corporate Workshop**

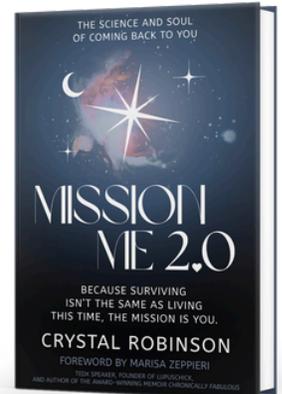
“I didn’t expect to get so much out of a group setting, but I felt like Crystal was speaking directly to me. The shadow workshop helped me explore parts of myself I had buried, and I left feeling lighter, more self-aware, and empowered to move forward.”

– **Melissa G. - Group Coaching Client**

Mission Me 2.0: The Science and Soul of Coming Back to You

This Amazon Best Seller is part story, part guidebook, and part wake-up call. In Mission Me 2.0, Crystal shares her powerful journey of healing after years of pushing through stress, illness, and pressure to perform. With a blend of personal storytelling, scientific insight, and soul-centered practices, she invites readers to reconnect with their own inner truth and start living from a place of clarity, alignment, and joy.

More than a book, Mission Me 2.0 is a companion for anyone ready to let go of guilt, reclaim their energy, and create a life that actually feels good — not just looks good on paper.



Get in Touch!

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Please feel free to reach out with any questions.