

A portrait of Nikeya Young, a Black woman with short, dark, wavy hair, wearing a blue top and large hoop earrings. She is smiling and looking slightly to the right of the camera. The background is a solid yellow color.

**Nikeya
Young**

**Press
Kit**

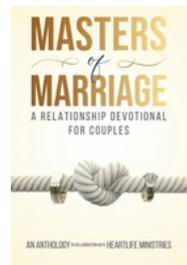
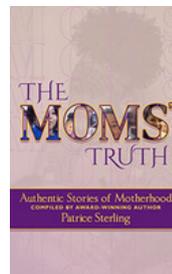
Certified Master Life Coach | Speaker | Podcast Host
| CEO & Founder of
Victorious Living Solutions

VICTORIOUS
Living Solutions

Bio

Nikeya Young is a Best-Selling Author/Certified Master Life Coach/TEDxSpeaker/Keynote Speaker and Workshop Facilitator/Licensed Minister/Podcast Host, and Entertainer. A former educator with a Master's Degree in Special Education, and a B. A. in Psychology, Nikeya combines her gifts and talents, practical work experience, and spiritual gift of teaching to empower leaders to CRUSH their goals, despite life's challenges, and live VICTORIOUSLY!

In fact, Nikeya's first book "Virtue Chic: Classy Takes Center Stage" (2017) is a "must read" for Christian single women! The book includes a foreword by Minister/Author Niki Winston, & dishes out practical and spiritual advice on style, dating, pursuing your purpose, resisting the urge to compete with other women, and SO much more! Nikeya has since been a Contributing Author on two other anthologies as well: Masters of Marriage: A Relationship Devotional for Couples (2021), and Amazon Best-Seller, The Moms' Truth: Authentic Stories of Motherhood (2022).



As an entertainer, Nikeya has quite an extensive resume! She released her debut album, "Victorious One" (a Christian Pop/Hip-Hop/R&B album) in 2013. All songs were written by Nikeya and the album was produced by her husband Rodney Young Jr. She was nominated for the Contemporary Female Vocalist of the Year award at the Chicago Gospel Music Awards that year and the album received great reviews.

As an agency-signed Model/Actress/Voice-over talent, Nikeya is a member of SAG-AFTRA. Her national television appearances include: multiple segments on Steve Harvey's daytime talk show, multiple appearances as a Nurse on NBC's hit drama "Chicago Fire" in seasons 1, 10, & 11, an appearance in the movie "Divergent" (2014), and the lead role of Tameka Anderson in Episode 206 of TV One's "Find Our Missing: The Tameka Anderson Story". Her portrayal of Tameka received positive reviews from family members of the Baton Rouge woman who has been missing since 2010. 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 in too many media outlets/blogs to name!

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.



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



Keynote Speaking

Looking for an engaging, inspiring speaker to kick off your conference or event? Coach Nikeya is ready to provide your audience with Victorious Living Solutions!

Speaking Topics



“Adversity FUELS Me: 5 Steps to Using Setbacks to Propel You Forward”



“Goodbye Imposter Syndrome!”



“Be a No Limit Soldier: Ditching Limiting Beliefs”



“Surviving a PWI (Predominantly White Institution)” *For students of color at colleges & universities who need encouragement adjusting to an environment where they are the minority.



“Say Something! - Unleashing the Power of Your Voice (Public Speaking)”



“Boundaries Are Your Friend”



“Get Your Mind Right”! (Mental Health/Wellness)



Homeschooling *Nikeya is a former Public Schools educator and Homeschool mother of 3. She did a TEDx Talk entitled “Let’s Normalize Homeschooling.”



Group Coaching

Sometimes achieving goals is a lot easier when you have a few friends along for the ride! Grab your friends and book your Group Coaching session TODAY! *All Group Coaching sessions must contain at least 4-8 people. Also, all participants must commit to either a 1 month, 2 month, OR 3 month Group Coaching Plan.



Coaching Topics



“Get Yo Mind Right”!

Grab a few of your trusted friends and/or family members and let Coach Nikeya help you to “Get Yo Mind Right”! During your sessions, you will drastically improve your mindset (ditching limiting beliefs, negative self-talk, self-sabotage, and ANYTHING else that may have hindered you from reaching your goals in the past), and form new, winning habits that will propel you forward!



“Ready, Set...MANIFEST”! - This coaching program goes WAYY beyond creating a simple vision board! Coach Nikeya works with participants to create a solid quarter-by-quarter plan for manifesting their goals for the year.



Podcast

In 2022, 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! Hosted by VLS founder and CEO, Nikeya Young.

www.victoriouslivingsolutions.com/podcast

VICTORIOUS Living Solutions PODCAST hosted by Nikeya Young
Episode 16 **WHEN IT ALL FALLS DOWN, PT. 1** with Jai

4TH QUARTER CHECK-IN
FINISH THE YEAR STRONG!
VICTORIOUS Living Solutions PODCAST hosted by Nikeya Young
Episode 10

BE A NO LIMIT SOLDIER
DITCHING LIMITING BELIEFS
VICTORIOUS Living Solutions PODCAST hosted by Nikeya Young
Episode 15

Testimonials



“Nikeya is wonderful! I really appreciated her flexibility with offering a Zoom option when COVID became an issue. I feel I learned quite a bit from Nikeya and improved my own public speaking skills. I have already put into practice what I learned!” -S.W. (Public Speaking Workshop)

“Nikeya provided spiritual guidance as well as a spiritual perspective on life situations. The exercises were very helpful and allowed us to take a “deep dive” into the realization and path towards healing”. -Gayle R. (“Get Yo Mind Right” Group Coaching client)

“I was struggling with guilt, depression and just a feeling of being lost (unable to clearly hear or process the difference between my thoughts, God's voice and Satan). This has helped me tremendously and provided Biblical references and resources to develop clarity. Thanks so very much”. (“Get Yo Mind Right” Group Coaching Client)

“This group teaching was truly a blessing to me. It reminded me that God talks to us all the time but Satan also talks to us all the time and we have to be rooted in the word to counteract everything that Satan throws at us”. -Lois S. (“Get Yo Mind Right” Group Coaching Client)

“This series was very helpful to me. I have many layers of childhood trauma that sometimes pop up in unexpected situations in my adult life. This series helped me remember biblical facts about mental health because sometimes society overlooks how the Bible gives comfort and instruction for mental health”. -T. H. (“Get Yo Mind Right” Group Coaching Client)

“Speaker was enthusiastic and informative about the subject matter being presented”.
-Lolita P., Associate Director (“Ready, Set...Manifest” Workshop attendee)

“Overall, Nikeya contributed so much to the event itself! In various instances, she livened the conversation up and sent it into a direction where there was room to elaborate. She interacted amazingly with the audience and was very attentive to their questions and comments”.
-Raven E. (hired Nikeya as a Panelist for her virtual Mental Health event)

“Poised. Polished & Professional. Nikeya Young delivers her message with impact and engagement. I enjoyed Ms. Young's presentation at our recent service club meeting and would recommend considering her services to improve your abilities as a public speaker.”
-Paul D., Vice President, Philanthropy & Community Relations at Ingalls Development Foundation

“My sessions with Nikeya helped me gain a better understanding of myself through knowing my strengths and spiritual gifts. Her enthusiastic and supportive style guided me to be more influential in my business and with my church community. She motivates you to act and change negative thoughts patterns to positive ones. I highly recommend her as a life coach.”
-Deaneen M., Virtual Fitness Instructor and Personal Trainer



THRIVE GLOBAL

COMMUNITY // March 10, 2021

Nikeya Young: "Self Care is NOT optional!"

Self Care is NOT optional! — We've all heard it on airplanes hundreds of times "Put your oxygen mask on first before assisting others". We know we should do this, but as soon as we get into the throes of launching our business and taking care of the kids, and etc we slowly start moving



5 THINGS I WISH SOMEONE WOULD HAVE TOLD ME BEFORE BECOMING A MOMPREENEUR

Nikeya Young
SPEAKER / LIFE COACH / AUTHOR

Media



TEDx
ColeParkStudio
= independently organized TED event

TEDXCOLEPARKSTUDIO PRESENTS
NIKEYA YOUNG



Vickie Winans
Award-Winning Gospel Artist & Actress - www.vickiewinans.com





Media Appearances

If you're in need of a Subject Matter Expert, Panelist, or guest for your television, radio, or podcast show, then look NO further! Nikeya Young is the woman for you! Nikeya is an award-winning speaker with YEARS of experience and MULTIPLE local and national media placements to her credit! Nikeya is also the host of her "Victorious Living Solutions" podcast! And as an agency-signed entertainer and member of SAG-AFTRA, she is quite comfortable in front of the camera. **Nikeya's sizzle reel can be viewed here: [Speaker Reel for Nikeya Young](#)





Honors & Recognitions

- Distinguished Toastmaster (2022)
- Faith Ministries Alliance Member (2022–present)
- Black Speakers Network Member (2022–present)
- 2020 Area 54 Speech Contest 1st Place Winner in Table Topics and International Speech (Toastmasters International, District 103)
- 2019 Black Women’s Professional League “40 Under 40” Honoree 2018 “100 Black Queens of Chicago” 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:

- B.A. in Psychology/Human Development, DePaul University (2003)
- M.A. in Special Education (Learning and Behavior Specialist), Northeastern Illinois University (2007)
- Licensed Minister/Graduate of Living Word School of Ministry (Dr. Bill Winston, 2022)



Get in touch with

Nikeya Young

Keynote Speaker. Podcast Host.
Entertainer.

Best-Selling Author. Certified Master
Life Coach.

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As seen and heard in



www.toastmasters.org

