



Speaker Topics

WHO SAID YOU WAS'T GOOD ENOUGH

People are going to always have something to say about you just remember you're good enough.

LOVE YOUR UNIQUENESS

It's about loving who you are and knowing that being different is unique

WHY YOU WANT TO BE PHENOMENAL?

Because when others remember your legacy you'll never be forgotten.



Please feel free to reach out for any questions.

About Me

Hi, my name is Sharyn Frost I've been a speaker for a little over a year. I enjoy sharing with other how to love their uniqueness. Speaking is something i love, Inspire and motivating other to accomplish their goals. Nothing can be more fulfilling then knowing you help someone move in a positive direction.

Get In Touch

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