

# **Sheryl Kurland**

President and Founder  
Find Your Fabulosity

## **Speaker Info Kit**



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# Sheryl Kurland • Bio

## President and Founder • Find Your Fabulosity

From a gesture of compassion, Sheryl Kurland grew a powerful national movement donating 110,000+ new lipsticks to victims healing from domestic violence. Find Your Fabulosity, the nonprofit she founded and serves as president, has given away more than \$1.5 million worth of lipsticks supporting the healing process of victims and helping them begin to love the person they see in the mirror.

Sheryl has been featured in Woman's World, PEOPLE, and Costco Connection, and she has been interviewed by TV and radio stations across the U.S.: CBS News in select markets nationwide, KCBS2 Los Angeles; FOX 5 New York "Hero of the Day"; FOX 32 Chicago; ABC News 5 Cleveland; NBC 10 Philly Live Philadelphia; ABC-TV 10 "Your California Life" Sacramento; WWJ News Radio Detroit; NBC 2 "6 In The Mix" Miami; Bay News 9 Tampa Bay; Spectrum News 13 "Everyday Hero" Orlando; WMTW News 8 Portland, and others.

Sheryl says creating Find Your Fabulosity "was the most unbelievable calling I never saw coming." Inspiration struck while Sheryl was volunteering at her local domestic violence shelter, SafeHouse, giving workshops to the residents and she was gripped by the darkness of their souls. Her "lipstick" idea changed their world.



Sheryl is deeply immersed in domestic violence victim advocacy work. She completed the Community Law Enforcement Academy (Seminole County, Florida) and became a Certified Domestic Violence Advocate through the Florida Coalition Against Domestic Violence in 2015. Sheryl has been a guest speaker for many women's conferences, women's organizations, and community service/philanthropic organizations.

In 2025, Sheryl was awarded the "Heart of Service" Women's Achievement Award presented by the Women's Executive Council of Orlando, Florida. Sheryl was selected as one of 12 inspirational women in the U.S. to have a lipstick named in her honor when Thrive Causemetics makeup company introduced its new Impact-FULL™ lipsticks in 2023; the Berry Brown shade is called "Sheryl." In 2022, Find Your Fabulosity was awarded "Honoree" in the category of Outstanding National Organization in the Purple Ribbon Awards sponsored by DomesticShelters.org and Theresa's Fund. On International Women's Day, Find Your Fabulosity was the only charity/nonprofit selected to be honored by The Beauty Crop in 2020 and Tarte Cosmetics in 2019.

A published author, Sheryl wrote "Everlasting Matrimony: Pearls Of Wisdom From Couples Married 50 Years Or More," featuring 75 couples sharing 4000+ years' worth of relationship advice. Publication of the book garnered over 100 media appearances including ABC-TV World News Tonight.

Prior to founding Find Your Fabulosity, Sheryl owned her own business as an award-winning freelance writer and public relations and marketing consultant. Sheryl earned a Bachelor of Arts Degree in Communications from University of Georgia. She holds a First Degree Black Belt in Martial Arts. Sheryl resides in Longwood, Florida, a suburb of Orlando.

# Sheryl Kurland • Speaking Topics

Sheryl Kurland's presentations are a blend of riveting, inspiring, and humorous...and you may even shed a few tears. As Sheryl shares her journey from a spontaneous moment of compassion to building a powerful national movement, Find Your Fabulosity, you'll be captivated and energized. Through storytelling, Sheryl reveals how she overcame seemingly impossible challenges and life-changing lessons while amassing over 110,000 new lipsticks given away to women healing from the atrocities of domestic violence. In all of her programs, audiences are taken on a journey of courage, dedication, relationships, rejection, fear, adversity, failure, and more. It's been a rollercoaster nine years, and you're in for the ride of your life!

What topics are you looking for? What are the demographics of your attendees? What is your event theme? Sheryl will create a customized program to meet your needs.

Topics encompass, but are not limited to:

- **Business:** "Lipstick Lessons to Soar!"
- **Leadership:** "Do you have Red? Hot Pink? Purple?"
- **Personal/Professional Growth:** "Dream Big and Go For It!"
- **Social Responsibility:** "Domestic Violence, The Silent Epidemic and How You Can Make a Difference"
- **Spiritual:** "God Winks"

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# Speaker Reviews for Sheryl Kurland

"Sheryl delivered a captivating message to the Women of Cole, a group of female Financial Planner Advisors, at our annual National Symposium. Every woman in the room was touched by the care, compassion, and tremendous impact that Sheryl has had helping so many through Find Your Fabulosity. If you have a group of women that by nature of their business or their collective interest want to be inspired to make a difference in the lives of other women, then Sheryl would be the one to have speak at your event."

**Melissa Robinson**  
**J.W. Cole Financial, Inc.**

"Sheryl reminded me that in a world where there is so much out of our control and there is so much happening, that we just want to make a difference and we don't think we can, but we can. Sheryl is fantastic. She tells a story to change lives, to make an impact. You can feel the authenticity. What sets Sheryl apart is that genuine connection that she has with an audience. You don't have to clink a glass to get everyone's attention, everyone is completely engaged in her message and her words. People had tears in their eyes and were smiling at the same time."

**Tali Sutton**  
**Care First**

"Our annual National Convention of Daughter of Penelope was honored to host Sheryl as a speaker. It's incredible that she grew an idea into a business that impacts women of all demographics across the country. Sheryl was a breath of fresh air. She was engaging, inspiring, and powerful."

**Kathy Bizoukas**  
**Grand President, Daughters of Penelope**

"The atmosphere, you could almost hear a pin drop. There were parts of her story we could all relate to. Sheryl taught the entire audience that you can connect, you follow your instincts, you follow your heart, and your gut. She did a really great job."

**Susan Bull**  
**Arbor Housing and Development**

"I was so impressed with her story. It was exactly what this conference needed. It was perfect for the theme. This story really hit home. She nailed it, hit it spot on. I could not be more pleased."

**Denise Maxa**  
**Corning Chamber of Commerce**

## Watch "video" reviews:

1. Go to [FindYourFabulosity.org](http://FindYourFabulosity.org) home page.
2. On tab bar, click NEED A SPEAKER?
3. On pull-down menu, click REVIEWS.
4. Click on any of the video reviews.

# Find Your Fabulosity “Fact Sheet”



## 110,000+ new lipsticks donated to victims of domestic violence

Established in August 2016, Find Your Fabulosity is a 501(c)(3) nonprofit organization that collects and donates new lipsticks to domestic violence victims. The lipsticks are given free to women's domestic violence shelters throughout the U.S., in all 50 states. The shelters distribute them to their clients. Find Your Fabulosity currently gives new lipsticks to nearly 300 women's shelters. The nonprofit has donated 110,000+ new lipsticks – valued at more than \$2 million – to women healing from domestic violence. Find Your Fabulosity is an all-volunteer organization headed by president and founder Sheryl Kurland.



### Why lipstick?

From a gesture of compassion rose a national movement. When volunteering at her area's women's domestic violence shelter presenting workshops, Sheryl Kurland sensed their heartbreak, their emptiness, their sense of worthlessness, and she felt a yearning, "How can I truly help these women feel like women again?" Sheryl recalled her mother's long-held words of wisdom, "If you want to feel better, put on a little lipstick" and she purchased a bunch of lipsticks and gave them away to the women at the conclusion of her workshops. Magic happened! According to Sheryl, "The pain in the room lifted, replaced by abundant joy and happiness! The room filled with laughter as the women chit-chatted like women love to do while helping each other pick just the right color lipstick. Their souls came alive!" Workshop after workshop after workshop, this same reaction to the lipsticks occurred over and over and over. And next, says Sheryl, "I knew I had to turn this miracle of lipsticks into thousands of miracles....and Find Your Fabulosity was born!"

To the typical woman, putting on lipstick gives her an instant boost. To a victim of domestic violence, a new lipstick means far more, "I have a voice, an identity, and beauty inside and out – 'fabulosity'!" To a woman healing from this atrocity, a new lipstick is a beacon of hope and helps her begin to love the person she sees in the mirror.



### How does Find Your Fabulosity get lipsticks?

Find Your Fabulosity acquires new lipsticks and financial contributions for the purchase and shipping of new lipsticks from individuals, philanthropic and community organizations/clubs, professional associations, corporations, and businesses of all types and sizes. Many have held New Lipstick Drives and fund-raising events. Find Your Fabulosity also has and is continuing to develop charitable partnerships with makeup manufacturers in the U.S., inviting them to donate new lipsticks to Find Your Fabulosity.



### Get Help Gift Bags

In addition to collecting and donating new lipsticks to women's shelters, Find Your Fabulosity sends free "Get Help Gift Bags" to individual victims as a unique way to encourage them to take the first steps toward freedom from abuse. There are six items in each small, pretty pink organza bag: lipstick, clear lip gloss, mini-compact mirror, Courage stone, "You are not alone" card and "You Are Fabulous" card, with both cards providing the National Domestic Violence hotline phone number.