

Valda Boyd Ford, DTM, Accredited Speaker

Valda Ford has lived a life full of wonder. Coming from very modest beginnings, she has defied the odds and traveled to all parts of the globe to over 60 countries on six continents. She has worked with Fortune 500 executives, Afghani teachers, Buddhist monks, and a host of servant leaders in all parts of the world. She worked in refugee camps across Asia and Africa to develop sustainable initiatives to improve health in the most restrictive and dire circumstances.

While she is educated as a Registered nurse with graduate degrees in nursing and public health, Valda used those skills to become a successful entrepreneur—having opened four successful businesses in the U.S. and the Caribbean. Her successful business life led to her current joys. She is an award-winning speaker, a past TV show host, a current podcaster on infant and maternal mortality reduction, and is a frequent guest on TV and radio. Additionally, Valda is a highly sought after speaker coach. Valda has written book chapters on diversity and equity for two medical textbooks and she is finishing her own book on her global experiences called *Don't Touch the Monk and Other Stories of Global Faux Pas*. Valda annually delivers 30 to 40 workshops on having better health, decreasing disparities, improving work-life balance, and team building.

Valda joined High Point Toastmasters in 2011 and has received the status of Distinguished Toastmaster and Accredited Speaker. She is a tireless proponent of the value of being a Toastmaster. Valda has served in offices at the club, Area, Division, and District levels.

Valda will speak to us about putting ourselves first as we work as servant leaders. She has learned that too often we fail to put living, laughing, and loving at the forefront. She will be using her extensive clinical training to help make health less confusing and more interesting and to get us to put ourselves first, give from the overflow, and laugh at ourselves.

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