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Crystal Andrus

Best-selling author, Emotional Age and Communication Expert



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Language Spoken

English

Travel's From

Toronto, Ontario

Speaker Biography:

International best-selling author, Emotional Age and communication expert, and women's advocate Crystal Andrus Morissette is a worldwide leader in the field of self-discovery and personal transformation. She is teaching women all over the globe to take charge of their stories, love ALL their parts and redefine themselves as whole, healthy, and empowered.

Crystal is the author of several best-selling books, including "The Emotional Edge: Discover Your Inner Age, Ignite Your Hidden Strengths and Reroute Misdirected Fear to Live Your Fullest." She is also certified in nutrition and sports medicine. Crystal overcame seemingly insurmountable odds — her parents' turbulent divorce, rape, abuse, homelessness, cervical cancer, a traumatic head injury, and more — to create a life of joy and purpose. Now, she is helping women all over the world to do the same.

Through her writing, course work, workshops, and speaking engagements, Crystal helps women identify which Emotional Age they are operating from:

- Mother/Parent = safety, selflessness, protective, nurturing.
- Daughter/Child = coy, cute, dramatic, full of life, somewhat selfish.
- Woman/Adult = "Do we even have an archetype for the word 'woman?'" asks Crystal.

She helps women identify and tap into their healthy, whole, and empowered Woman Energy.

Crystal has appeared on Oprah.com, the New York Post, Fox TV, the Daily Mail, CBS Radio, CTV, CityTV, Global TV, Slice TV, the Globe and Mail, and the Toronto Star. She lives in southern Ontario with her husband and two daughters.

Topic Presentations

What Does “Women’s Empowerment” Mean to You

Crystal helps women identify which Emotional Age they are operating from:

- Mother/Parent = Safety, selflessness, protective, nurturing.
- Daughter/Child = Coy, cute, dramatic, full of life, somewhat selfish.
- Woman/Adult = “Do we even have an archetype for the word ‘woman’?” asks Crystal. She helps women identify and tap into their healthy, whole, and empowered Woman Energy. “Emotional Age, different than chronological or biological age, plays a crucial part in your career, love life, friendships, finances, and overall happiness,” says Crystal. “It determines how you are showing up in the world, and the mindset of every single decision you make each and every day.” Though there are many different emotional sub-archetypes in Crystal’s work such as the Martyr, the Chubby Bubby, the Perfectionist, and the Charmer, Crystal has broken them into three core Emotional Age Archetypes: the Child, the Parent, and the Adult. And chronological age has little to do with how we are actually showing up in our lives, she asserts. Crystal has made it her mission through her best-selling books and her courses to help women identify which archetype they are showing up in, to integrate them into the wholeness of who they are, and become their most empowered and best selves. She also created the Empowerment Spectrum, a brilliant tool to help people understand their communication style, their Emotional Age, and which dominant emotional archetype they embody most often.

Testimonials

“Authentic and illuminating, Crystal’s approach is deeply life-changing. She brings the most expanded and thought-provoking wisdom to every exchange. My inner compass and self-awareness have been recalibrated.”

-Kathryn Chavez

“Words cannot express the deep heartfelt gratitude I have for you, Crystal. I literally have tears in my eyes as I write this because I’m so blown away by the profound impact you’ve had on my life and business. ”

-Kimberly Coots

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