



COURTNEY BIO

Meet Courtney, a visionary entrepreneur and passionate advocate for families fighting cancer. At just 23, she founded the nonprofit Culinary Care, inspired by her father's battle with lung cancer and the profound impact of meals delivered to their home.

Under her leadership, Culinary Care has provided over 30,000 free meals in the past decade, offering hope, community, and relief to families in their fight against cancer. Courtney's story is a testament to the power of compassion, perseverance, and transforming personal pain into purpose.



"Courtney left our group feeling empowered and motivated. She has a unique gift for connecting with people on a deep level, instilling hope, and inspiring action."

Turning Pain into Purpose

To book or for questions, contact info@culinarycare.org.

PROGRAM BIO

This inspiring topic highlights the remarkable journey of transforming pain into purpose, drawing from the powerful story behind Culinary Care, a nonprofit founded by Courtney Johnson. This topic explores the transformative power of personal pain and demonstrates how it can be harnessed to create a lasting impact.

ATTENDEES WILL LEARN

- How to find purpose and meaning in the face of adversity
- Strategies for channeling personal pain into a positive force for change
- The importance of empathy and community support in times of hardship
- How to create sustainable impact through compassionate initiatives
- Inspiring stories of resilience and perseverance from the journey of Culinary Care
- Ways to make a meaningful difference in the lives of others, even with limited resources
- Techniques for self-care and managing emotional well-being while advocating for a cause