

SHELDON S. CROCKER

Inspirational Speaker · Disability Advocate · Award-Winning Author

Speaking about resilience, disability, identity, recovery, inclusion and moving forward.

Short Bio (for Podcast Hosts, Panels, Intros)

Sheldon S. Crocker is an award-winning author, inspirational speaker, disability advocate, and founder of Crocker's Transformative Thinking in St. John's, Newfoundland and Labrador. He is the author of KEEP on WALKING, The Road to Resilience, and Resilience Redefined. Drawing on lived experience of disability, addiction, homelessness, recovery, and rebuilding his life, Sheldon speaks about resilience, identity, inclusion, and continuing forward when life does not go as planned.

His work has been shared through community programs, conferences, panels, storytelling events, podcasts, and media appearances.

Full Bio (for Event Hosts / Website / Conferences)

Sheldon S. Crocker is an inspirational speaker, author, disability advocate, and founder of Crocker's Transformative Thinking. Based in St. John's, Newfoundland and Labrador, his work focuses on resilience, disability inclusion, identity, recovery, mental wellness, self-understanding, and making sense of life when it does not unfold as expected.

Born with arthrogryposis, Sheldon has lived with physical disability throughout his life. He learned to walk at five years old after being told that he might never walk. His experiences have also included a difficult childhood, addiction, homelessness, long-term recovery, and rebuilding his life. This background gives him a firsthand understanding of adversity, change, and what it can take to continue moving forward when the way ahead is uncertain.

Sheldon's presentations do not centre on retelling his life. He draws on selected experiences to help audiences examine broader questions about identity, limiting beliefs, resilience, inclusion, assumptions about disability, and how people respond when circumstances change. His approach combines honest conversation, clear reflection, and practical ideas that people can connect with their own lives and experiences.

Sheldon is the author of the multi-category Amazon bestseller KEEP on WALKING: A Transformative & Inspirational Journey, as well as The Road to Resilience and Resilience Redefined. His books are autobiographical and reflective, exploring disability, adversity, addiction, recovery, identity, and the experiences that shaped his understanding of resilience.

He also created one self-paced online course, Unleash Your Inner Strength, which encourages greater self-understanding and a more thoughtful response to personal challenges and change.

Sheldon has delivered more than 25 in-person presentations, along with workshops offered both in person and online. He has spoken with small community groups and at events involving several hundred people. His experience includes the St. John's Storytelling Festival, an ExxonMobil United Way event, the Newfoundland and Labrador NDEAM event, the Coalition of Persons with Disabilities AGM, and the Davis Didham Memorial Golf Tournament.

He also presented Breaking Mindset Lies: Rewriting Limiting Beliefs Before They Define You to approximately 200 Grade 11 students at Waterford Valley High School.

His media experience includes appearances on Out of the Fog, documentary participation, news coverage, and interviews about disability, recovery, resilience, and inclusion.

Sheldon holds three college diplomas in Business Administration, Business Management, and Business Automation. He received the Dale Carnegie Human Relations Award, completed Toastmasters' Presentation Mastery pathway, previously served as Vice President Education in Toastmasters, and is a former president of the St. John's Positive Thinkers Club.

Signature Talk

Beyond the Silence: Rewriting Your Story, Rising When Life Tries to Break You

A powerful and honest reflection on what it can mean to feel silenced, dismissed, or held back by difficult experiences. This talk invites audiences to examine the stories they carry, reflect on what they have survived, and consider how they can move forward with greater clarity, courage, and a stronger sense of their own voice.

Other Topics & Workshop Options

- The 'Dis'ability to Rise: Disability, identity, and recognizing ability
- Breaking Mindset Lies: Challenging beliefs that hold us back
- Emotional Resilience Through Lived Experience: Finding steadiness through adversity
- How to Speak from the Inside Out: Telling your story with clarity and honesty
- Personal Development for Recovery Programs & Nonprofits: Recovery, change, and inclusion

Audience Outcomes

- A practical understanding of everyday resilience
- Greater clarity about identity and limiting beliefs
- Clear ideas for responding to adversity and change
- A broader understanding of disability and inclusion
- A grounded perspective on recovery and moving forward

Speaking Formats

- Keynotes and presentations, in person or virtual
- Interactive workshops
- Panels, interviews, and media conversations
- Author talks, readings, storytelling, and book events

Sheldon tailors presentations for nonprofits, workplaces, conferences, schools and community audiences.

Contact

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Website: <https://www.sheldoncrocker.com/>

Books: <https://www.sheldontransformativethinking.com/books/>

Course: Unleash Your Inner Strength

<https://sheldon-crocker-think-transform.thinkific.com/courses/Inner-Strength-Transformative-Thinking>

YouTube: <https://www.youtube.com/@CrockerTransformThink>

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