

# Find Your Fabulosity

**Sheryl Kurland  
President and Founder  
Find Your Fabulosity**

Sheryl Kurland is President and Founder of Find Your Fabulosity, a 501c3 nonprofit organization that has collected and given away 80,000+ new lipsticks to women in the U.S. who are victims healing from domestic violence. Her incredible story of turning a gesture of compassion into a national movement donating more than \$1 million worth of lipsticks to victims is as much riveting and inspiring as it is moving and tearful...along with sprinkles of humor.

“Domestic violence is the Silent Epidemic in our country,” says Sheryl. 1 out of 4 women will be a victim of domestic violence sometime in her life. Every 9 seconds a woman in the U.S. is assaulted or beaten. Domestic violence is a leading cause of homelessness for women. 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. As a volunteer at SafeHouse, (Seminole County women’s domestic violence shelter), for 1-1/2 years, Sheryl created and lead relationship workshops for residents (victims). She later transformed the programs into free workshops for women victims residing in the general population in Central Florida; these workshops were held at a private location for the safety and protection of participants. Find Your Fabulosity was born in 2016, “the most unbelievable calling I never saw coming,” says Sheryl.



Today, Find Your Fabulosity gives new lipsticks, free, to nearly 300 women’s domestic violence shelters in the U.S., with at least one shelter in every state being a recipient. Lipsticks are also given away to individual victims in free “Get Help Gift Bags, encouraging them to take the first steps toward freedom from abuse. “To a victim of domestic violence, a new lipstick is a beacon of hope,” says Sheryl. “And it helps her begin to love the person she sees in the mirror.”



Sheryl and Find Your Fabulosity have been featured in Woman's World, PEOPLE, and Costco Connection, Florida Times-Union (Jacksonville), and she has been interviewed by TV and radio stations across the U.S. – FOX 5 New York "Hero of the Day," (New York), FOX 32 (Chicago), ABC News 5 (Cleveland), NBC 10 Philly Live (Philadelphia), ABC-TV 10 "Your California Life" (Sacramento), Omaha, 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, Maine) and others.

## Page 2 – Bio for Sheryl Kurland

As a speaker, Sheryl is a storyteller, educator, and motivator sprinkled with humor. She has addressed a broad spectrum of audiences, including business professionals, women's conferences, women's organizations, community/philanthropic clubs, and sorority collegians. Audiences are taken on a journey of heart, hope, and healing. Recent engagements include: "Own It" Women's Conference for the Corning Area Chamber of Commerce, Corning, New York; and "Asset Mark's Women of Cole".

A published author, Sheryl wrote "Everlasting Matrimony: Pearls Of Wisdom From Couples Married 50 Years Or More," featuring 4000+ years' worth of relationship advice. Publication of the book led to interviews with ABC World News Tonight, The Daily Buzz, The New York Times, The Wall Street Journal, MSNMoney and more than 100 newspapers, magazines, TV and radio stations, websites, and publications around the U.S. and abroad. Everlasting Matrimony features interviews with 75 couples, husbands and wives interviewed separately.

Sheryl holds a Bachelor of Arts Degree in Communications from University of Georgia. She resides in Longwood, Florida, a suburb of Orlando.

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