

Victoria
Taylor
Speaks

Victoria Taylor *Speaker Pack*



Trauma-Informed Speaker | UK and International | In Person and Online

Creator of The Tunnel Framework®

Co-Creator of the TRIUMPH Framework® | Co-Founder, Mindset + Mastery

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The women in your room are waiting for someone to say the thing nobody says. That is what Victoria Taylor does.

ABOUT

Victoria Taylor

Victoria Taylor is a trauma-informed speaker, author, NLP Practitioner, and creator of The Tunnel Framework®, a seven-step methodology built directly from her own journey out of survival and into sovereignty.

At thirty-two she walked into Lewisham Police Station and reported what she had carried in silence for years. That decision did not just change her past. It changed what she could no longer pretend not to see.

Victoria speaks about what survival actually looks like from the inside. Not the version that gets softened for public consumption. The real one.

She is the co-founder of Mindset + Mastery and equal co-creator of the TRIUMPH Framework® alongside Stephanie Brown. Two completely different tunnels. One destination. Together they built what neither could have built alone. She is also the equal co-founder of TRIUMPH RECLAIM alongside Stephanie Brown, a government-aligned employment programme for women who have experienced trauma or complex health conditions.

Her four-book Tunnel Series is published under Mindset + Mastery.



Victoria does not speak about trauma from a distance. She speaks from inside it. That is what makes her different.

CREDENTIALS AND ACCREDITATIONS

- CPD Accredited, Trauma Specialist Level
- APT Accredited Trauma-Informed Practitioner
- NLP Practitioner
- Diploma in Safeguarding Adults and Children, Levels 1 to 4
- Creator of The Tunnel Framework®, Trade Mark Registered
- Co-Creator of the TRIUMPH Framework®, Trade Mark Registered
- Published Author, The Tunnel Series (Four Books, Nielsen Registered)
- Co-Founder, Mindset + Mastery Ltd
- Programme Director, TRIUMPH RECLAIM

What Victoria Speaks About

Victoria delivers keynotes, talks, and workshops on survival, identity, resilience, and what it actually takes to build a life beyond trauma. Every talk is grounded in lived experience, the Tunnel Framework®, and professional accreditation across trauma specialism, NLP, and safeguarding.

The Tunnel: Why Survival Becomes Identity

How lived experience shapes belief, behaviour, and self-perception long after the situation has ended. This talk names what most audiences have never had language for. It is where recognition begins.

Life After Survival: Why Leaving Is Not Enough

The gap between getting out and knowing how to live, and why so many women find themselves lost in that space. For audiences who have left something but still feel trapped inside it.

The Voice That Was Installed

Understanding the internal voice shaped by early experience and how it continues to drive decisions, relationships, and identity. One of Victoria's most powerful and most requested talks.

Building After Survival: From Understanding to Action

What it actually takes to move from insight into a life that is fully and unapologetically your own. This talk introduces the TRIUMPH Framework® and the pathway beyond survival.

Trauma-Informed Leadership

For leadership audiences and HR professionals. How survival patterns show up in the workplace, why traditional wellbeing approaches miss the mark, and what genuinely trauma-informed culture looks like in practice.

All talks can be tailored to your audience, context, and objectives. Victoria will work with you before the event to ensure the content is right.

The Tunnel Workshop

The Tunnel Workshop is Victoria's signature group experience. It is not a talk people listen to and leave unchanged. It is a space where things are named, clearly, honestly, without minimising what has been carried.

Participants are guided through The Tunnel Framework® in a facilitated group setting. They leave with language for experiences that have been shapeless for years, a clearer understanding of why survival persists, and a grounded awareness of what needs to change.

The workshop is not therapy. It promises something more honest. The kind of clarity that makes transformation possible.

What Happens in the Room

Participants are guided through The Tunnel Framework and the reality of survival identity. Named clearly. Without softening. They begin to recognise patterns that may have felt entirely normal for years. They understand why leaving is not enough.

Practical Details

Format: In person or online | Duration: Half day or full day

Group size: Small and intentional | Location: UK and internationally

Content notice: Required for all events. Full policy available on request.

A note for organisers: Victoria has a full Speaker and Content Policy. This includes a content notice requirement and a welfare lead at all in-person events.

Speaking Fees

Victoria's fees reflect her professional accreditation, trademarked methodology, lived expertise, and the depth of preparation she brings to every engagement.

Engagement Type	Investment	Notes
Community and Voluntary Sector	From £2,997	Selected engagements
Corporate Keynote	From £7,997	In person or online
National Conference	From £10,997	UK and internationally
Government and Public Sector	From £10,997	Specialist alignment available
The Tunnel Workshop (Half Day)	From £6,997	In person or online
The Tunnel Workshop (Full Day)	From £12,997	In person or online
The Survival to TRIUMPH Experience	From £18,997	Victoria Taylor and Stephanie Brown
International	On application	All travel and expenses at cost

All fees are exclusive of VAT. VAT will be added to all invoices at the prevailing rate. Travel and accommodation expenses are charged at cost for all in-person engagements, including those within London. A 50 per cent deposit is required on confirmation. The full balance is due 14 days before the event.

Victoria does not publish a fixed fee schedule. Every enquiry is considered individually. Please get in touch to discuss your event and receive a tailored proposal.

THE BOOKS

The Tunnel Series

Victoria is the author of The Tunnel Series, four books published under Mindset + Mastery, all Nielsen-registered with individual ISBNs.

Book One: The Tunnel

Seven Steps from Survival to Freedom

The foundation of the series. Names the experience of living inside survival long after the situation has ended. Seven steps from recognition to freedom. 296 pages.

A Guided Journal

For the Woman Finding Her Way Out

A companion for reflection and truth. Designed to be worked through alongside The Tunnel or independently. 166 pages.

Book Two: The Light After the Tunnel

How to Build Your TRIUMPH After Survival

Introduces the TRIUMPH Framework and the pathway from understanding into building. Co-created by Victoria Taylor and Stephanie Brown. 306 pages.

Book Three: The Woman After the Tunnel

Leading, Legacy and the Life You Were Always Meant to Build

For the woman who knows, but has not yet fully become. 256 pages.

All books available at victoriataylorspeaks.com/books

Books Are Part of How I Work

The Tunnel book is not an optional add-on. It is a non-negotiable part of every speaking engagement and workshop I deliver.

When your audience hears a talk about The Tunnel Framework for 45 to 60 minutes, something shifts. That shift needs somewhere to go. Without the book in their hands, most people leave and the moment fades. With the book, the journey continues.

Every person in the room deserves to walk out with the language for what they have been living with. The Tunnel gives them that.

UK Engagements

Victoria brings the books personally. The cost is added to the booking fee based on confirmed attendee numbers. The Tunnel (Book One) is compulsory for all engagements with 20 or more attendees. For workshops, both The Tunnel and A Guided Journal are provided per attendee.

International Engagements

Books are ordered and shipped directly to the venue via our global distribution partner before Victoria arrives. A logistics and handling fee applies on top of the book cost.

Pricing

Books are invoiced at cost plus a handling margin. Confirmed at enquiry stage based on attendee numbers. Bulk rates apply for larger events.

The Tunnel Series is available through Amazon KDP and IngramSpark for global distribution. For bulk enquiries contact info@victoriataylorspeaks.com

The Survival to TRIUMPH Experience

This is not just a talk. This is a complete experience that takes your audience from the moment of recognition all the way to the moment of decision.

Most speakers leave a room activated but without direction. The Survival to TRIUMPH Experience is designed to close that gap in the room, on the day, while the energy is live.

This is the most powerful thing you will ever offer your audience. Not because of what it costs. Because of what it changes.

How It Works

Victoria Taylor opens the event. She takes the audience through The Tunnel, through the raw truth of what survival has looked like in their lives. Through the voice that was installed, the patterns that formed, the cost of carrying it for so long.

Then Victoria makes the pivot: I have spent the last hour showing you what survival looks like from the inside. Now I want to introduce you to what comes after it. This is my joint co-founder, Stephanie Brown, and together we built TRIUMPH for exactly this moment.

Stephanie Brown takes the stage. She navigated her own version of the dark through years of chronic illness the world could not always see. That experience shaped half of the TRIUMPH Framework. Her clarity, her boundaries, the unshakeable inner foundation she built through the unsurvivable gave TRIUMPH something it could not have had without her. She brings both the lived reality and the structured methodology that shows the women in the room that transformation is a designed and supported process.

Two women. Two completely different tunnels. One shared destination. What they built together neither could have built alone. That is Mindset + Mastery. That is where TRIUMPH was born.

What the Audience Receives

- The Tunnel book (compulsory, per attendee)
- A Guided Journal (compulsory for this package, per attendee)
- Full introduction to the TRIUMPH® Framework from its co-creators
- A clear pathway from recognition to structured support
- Access to TRIUMPH coaching through Mindset + Mastery

ABOUT

Stephanie Brown

Stephanie Brown has been living with chronic illness since 2006. Nearly two decades of learning what it means to rebuild after a diagnosis the world cannot always see. The grief of the career she had planned. The body she used to have. The person she was before her illness rewrote everything.

She did not step back from her ambitions. She rebuilt them around the truth of her body, her energy, and what she actually had to give. She co-founded Mindset + Mastery alongside Victoria Taylor whilst managing a condition most people would have accepted as a reason to stop. She did not stop.

Stephanie also founded Visibly Her CIC, a peer support community for women with chronic illness. She is also the equal co-founder of TRIUMPH RECLAIM alongside Victoria Taylor, a government-aligned employment programme for women who have experienced trauma or complex health conditions.

Mindset + Mastery was not one woman's idea that another joined. It was two women arriving at the same destination from completely different roads, recognising that what they were about to build could not have been built by either of them alone.



QUALIFICATIONS

- MSc HR Management | CIPD | QLS Level 7 Executive Coaching
- NLP Practitioner and Human Change Therapy Certified
- IPHM Accredited Holistic Mental Wellness Practitioner
- MHFA Level 3 | Diploma in Safeguarding, Levels 1 to 4

TRIUMPH® is a registered trade mark co-created by Victoria Taylor and Stephanie Brown through Mindset + Mastery. mindsetplusmastery.com

The TRIUMPH Coaching Pathway

Every woman who hears The Survival to TRIUMPH Experience has a clear pathway to go deeper through Mindset + Mastery. From self-guided programmes to private dual-coach transformation, the full ladder is below.

Self-Guided Programmes

Programme	Trauma Integration	Chronic Illness	Integrated
Foundation Workbook	£197	£197	£297
Momentum Video Programme	£397	£397	£597
Evolution Complete Package	£797	£797	£1,297

Coaching Programmes

Programme	Format	Duration	Investment
Connect Trauma or Illness	Group max 10	12 weeks	£3,997
Connect Integrated	Both coaches sequential	12 weeks each	£6,997
Transform Trauma or Illness	Private 1:1	24 weeks	£8,997
Integrate Dual Coach	Both coaches concurrent Max 6 clients	24 weeks	£13,997

All coaching programmes require application and acceptance. All prices are net. A free 30 minute clarity call is the starting point for every client.

Every woman in your room who is ready to go further has a clear pathway. The conversation that begins on stage continues through Mindset + Mastery.
mindsetplasmastery.com

BOOKING

How to Book Victoria

To enquire about booking Victoria Taylor for your event, please get in touch using the details below. All enquiries are personally read and responded to within three to five working days.

Contact

Email: info@victoriataylorspeaks.com

Website: victoriataylorspeaks.com

Speaking: victoriataylorspeaks.com/Speaking

What to Include in Your Enquiry

- The name and nature of your event
- The date or timeframe you are working to
- The expected audience size and profile
- Whether the event is in person or online
- The location if in person
- Whether you are thinking keynote, workshop, or panel
- Your approximate budget range if known

What Happens Next

Once Victoria has reviewed your enquiry she will respond with availability, a tailored proposal, and any questions she has about your event. If the engagement is confirmed, a speaking agreement will be issued and a deposit requested to secure the date.

Key Policies

Deposit 50 per cent on confirmation. Full balance 14 days before the event. VAT added to all invoices at the prevailing rate. Travel and expenses charged at cost for all in-person engagements including London. A content notice is required for all events. A named welfare lead is required at all in-person events. Full details in the Speaker and Content Policy at victoriataylorspeaks.com

If you are reading this because you work with women who have survived something, then we already have something in common. We both know the room is full of women who have never said the real thing out loud.

I was not supposed to be here.

Not in the way people say it when they mean they are grateful. In the way that means I genuinely did not think I would make it. There were years when I did not plan beyond the next few hours because the next few hours were all I could hold.

I was the child that the systems missed. The woman that the rooms were not built for. The person who kept going not because she was strong but because stopping felt like proving them right.

And somewhere in the middle of all of that, I found something. Not in a therapy room. Not in a book someone gave me. In the raw, undecorated truth of my own experience, I found a framework. A way through. Seven steps that I had already walked without knowing I was walking them.

I wrote The Tunnel because the book I needed did not exist. I built TRIUMPH because the programme I needed did not exist. I stand on stages because nobody stood on a stage and said what needed to be said to a room full of women who were waiting to hear it.

I am not asking you to book me because I have the right credentials. I am asking you to book me because there are women in your room who have been waiting their whole lives for someone to say the thing nobody says.

I will say it. Every time. In every room. Without softening it for anyone.

That is the promise I made to myself when I walked out of Lewisham Police Station and into the rest of my life. That whatever I built from that moment would be honest. That it would cost me the comfort of silence. And that it would be worth it.

I hope what you have read in this pack has shown you that it is.

The women in your room deserve the truth. So does the work you do.

With everything I have,

Victoria Taylor

Creator of The Tunnel Framework®

Co-Creator of the TRIUMPH Framework®

Co-Founder, Mindset + Mastery | Co-Founder, TRIUMPH RECLAIM

NLP Practitioner | CPD Accredited Trauma Specialist | APT Trauma-Informed Practitioner