



REGISTERED PSYCHOLOGIST

Vanessa Icton

OBJECTIVE

To speak at Inspire and Awaken, The Inspired Edge, or any other event.

SPEAKER CONTACT

Vanessa Icton
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EDUCATION

MASTER OF COUNSELLING PSYCHOLOGY
Athabasca University 2017

SOCIAL MEDIA

Linked In (679)
<https://www.linkedin.com/in/vanessa-icet-on-468a6432/>

Instagram (733)
@pearlpsychological

Facebook (153)
Pearl Psychological

PREVIOUS SPEAKING EVENTS

UPA PSYCH CONNECT (2025) – U OF A

- Spoke to over 80 undergrads, students, professors, and colleagues in psychology about my career path successes and failures

UNLOCKING YOUR FULL POTENTIAL (2024) - EBA

- Nurturing Wellness for Business Leaders, Mental Health Panelist

ICONNECT LEADERSHIP PARTY (2024)

- Mental Health Panelist

ENOCH CREE NATION (2022)

- Presentation on Grief Recovery

EDMONTON O'DAY MIN PCN (2018-2023)

- Mental Health Lunch & Learn to EOPCN staff, City of Edmonton Virtual Spring Wellness Fair, Mental Health Fair for the Action for Healthy, and a Grief Recovery Method presentation at the Canadian Native Friendship Centre

W.D CUTS JUNIOR HIGH SCHOOL (2020)

- Empowering Women class guest speaker to educate, motivate, and inspire young women

Proposed Talk Title and Outline

Rewriting the Failure Script: Building Confidence and Courage in the Face of repeated Failure

Talk Outline:

This talk is for the ones that have experienced failure and are looking for hope to become successful

We'll explore:

- Turning failure into fuel for your dreams
- Inspiring and proving hope with my story after failing the licensing exam 11 times
- The single shift that takes you from fearing failure to jumping into action
- Building the confidence and courage to move through failure
- Living your full potential and following your dreams

Vanessa Ice-ton, Owner of Pearl Psychological

I am passionate about failing. Now that I have your attention, I will explain that my process of becoming a Registered Psychologist did not come easily. Failure has been my greatest teacher. Today, I am committed to guiding people on their journey to healing and personal growth.

Before registering as a psychologist, I was a child and youth care worker for 8 years in the Indigenous population. I also have extensive experience working as a Disability Case Manager for 4 years while attending my master's program. I completed my Master of Counselling Psychology in December 2017. Yet none of those experiences compared to what came next.

I failed my licensing exam eleven times before finally passing on my twelfth and final attempt. This six-year process challenged every aspect of my sense of self and identity in every possible way. I can now share how I persevered and remained determined to fulfill my dream of helping people overcome their life challenges.

Some of my strengths that have contributed to my current position and my passion for helping people include vulnerability, perseverance, hope, drive, determination, inspiration, motivation, and loyalty to myself and the profession. On many occasions when I wanted to quit and give up, I reflected inward and connected with myself to refocus on the end goal, and I never gave up until I achieved it.

I have a profound passion for the field of counselling, the brain, and the behavioural changes that people can make. I consider it a privilege and honour to work with my clients and help them become “unstuck”. Their well-being and progress are at the heart of everything I do, and I am committed to providing my clients with the support and understanding they need to navigate challenging times. I specifically work with clients with anxiety, depression, trauma, grief and losses, relationship challenges, and more. I am a Grief Recovery Specialist and offer a Grief Recovery Support group, which supports clients on their journey of healing and recovery from loss.

Now, as the founder of Pearl Psychological, I lead a thriving practice that has evolved from a three-year solo venture into a collaborative, multi-person team that includes clinicians, administrators, student interns, and volunteers, each contributing to our shared mission. Since launching in 2021, we have offered specialized services in one-to-one counselling with individuals, including youth, couples counselling, and family counselling. Each person brings heart, talent, and fresh energy to the practice. Together, we are passionate about building something that is not only sustainable but deeply rooted in integrity and service.

I am currently co-authoring a book about my successes and failures in my registration process and business life, which is set to be published in November 2025. My goal is to inspire others to see failure not as the end, but as part of the journey toward growth and transformation.

Alignment

I align with your events by doing my own personal work to challenge myself to be seen, speak my truth, change my narrative, and fail forward in my journey, seeing it as part of my path and not roadblocks or lack of luck.

My story is one of perseverance and dedication in achieving my dream of becoming a Registered Psychologist. The six-year, 11-time failing process wholeheartedly changed my life, and I had to learn to become completely vulnerable and unravel the shame that I carried from failing multiple times. I needed to look inward and connect within the depths of myself to find the courage to admit my self-sabotage behaviours and stop blaming the “things” that were happening to me. Once I took responsibility and stopped making myself the victim, I was able to build resilience and confidence in my own worth, which helped me overcome one of the biggest challenges of my life to date.

As a female leader in the community, business owner, and mental health advocate, I align with your events because I am called to inspire others with my story, my passion, and my heart. I want to provide a safe space for people in the room and validate and acknowledge the struggles they may face, and fuel them to do what it takes to overcome them. I want to help generate the “Ah ha” moment for people through connection, create a shift in people's mindsets to make a change, and move them to transformation.

Reel/Footage

See attached video in email

Speaking References

Walter Perez – Iconnect Party/The Leader Co. CEO

walter@theleaderco.ca 587-340-6563

Traci Bateman – Edmonton Business Association (EBA)

780-915-8986

Kim Carson-Richards – Co-Founder, Profitable Impact Academy Inc.

kim@profitableimpactacademy.com

Tanya Kendall – EOPCN Manager

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