



# Chelsea Krost

Radio Host, Millennial Spokesperson, TV Journalist, Writer, Motivational Speaker, and Teen Philanthropist

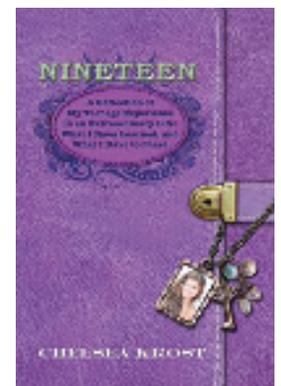


**What motivated you to start an internet radio show?** I was so sick of reading about ‘teen train-wrecks, I wanted to reinforce the message that young women don’t have to become tabloid clichés or reality-show wannabes. My message is: Individuality is ‘cool.’ Don’t be afraid to buck the trends and be yourself. Change begins with YOU.

**What inspires you and how do you stay so disciplined?** Charity is my drug of choice, my mom got us (my brother and I) involved in charity at a very young age. My mom wasn’t perfect, but by involving me and my brother in charity we grew up with deep gratitude!!!! Realizing others are less fortunate, we felt empowered to help other kids by giving them our toys. I have been involved in the SOS, etc. My brother played tennis so my mom got him involved with the Andy Roddick foundation; he gave them a check from his bar mitzvah money. This empowered us as kids and that is the best thing my mom did for us.

**Besides your own radio show, what other shows have you appeared on, radio or television?** I was a special guest on the Tyra Banks Show; I was the national spokesperson for U by Kotex. I recently appeared on the Today Show and HLN Prime news.

**What do you have in the works now?** I just published my first book “Nineteen: A Reflection of My Teenage Experience in an Extraordinary Life”. It talks about my philanthropy, traveling to both Africa and Peru to hand out feminine hygiene products to the girls so that they may finish school, and this started because my mom instilled in me the power of giving. I hope to spread this message of giving to teens, show the world that teens are more than TV depicts us. I will be the co-host with legendary New York City News Anchor, Ernie Anastos on Fox 5 for a NYC “Feel Good” show called “Positively Ernie”.



**What is your overall mission?** My Mission is to be the voice of my generation, The Millennials, and offer to the world a voice that is inspiring, motivational, positive, and relatable.

For more information on Chelsea Krost or interested in booking her, contact [bookings@tvguestpert.com](mailto:bookings@tvguestpert.com). Check out her radio show at [www.teentalklive.net](http://www.teentalklive.net).