



Chelsea Krost



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DARING

Let's Talk

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Chelsea Krost has always been comfortable taking center stage. It was at the age of 2 that the tiny tot began gravitating towards the spotlight as a dancer and model. Now a Communications student at Marymount University in New York City, Chelsea uses her charisma to empower teens to let their voices be heard.

She is the founder of Teen Talk Live, an unscripted national radio show that she started hosting when she was 16. The program airs every Wednesday night, featuring topics of interest to teens, and no topic is off-limits. With the insight from professionals and specialists, Chelsea adds her input and discusses issues like promoting self-esteem in young girls. Of the show's objective, she says: "The show helps highlight things you can do to make yourself feel better, like eating better food, giving to charity, or communicating with peers."

In 2009, Chelsea became the youngest millennial spokesperson for a major feminine hygiene products company, contributing to its marketing, advertising, surveys, blogs and media coverage. With this cause-marketing approach, she participated in an opportunity of a lifetime: Chelsea traveled to Kenya, where she donated hundreds of sanitary napkins in an effort to promote feminine hygiene care. "I was scared to go to Africa, but I gained so much by going. The people there have so little, and at the same time they appreciate everything they have. It made me appreciate the little things in my own life."

Chelsea is completing her next project, an *open memoir* filled with topics that most teens face growing up, all based on her personal experiences. She looks forward to sharing it with young girls during a nationwide tour to promote community service.

Her goal is to be a reporter on television and she's off to a solid start. In January 2009, she traveled to Washington D.C. to cover President Obama's inauguration for the non-profit group People to People. During the trip, she interviewed Mary Eisenhower, granddaughter of President Eisenhower. She is also affiliated with CBS and Fox stations in Boca Raton, Florida, close to her hometown of Delray Beach. Both stations have aired footage from her Africa trip. "I absolutely love being helpful in my community, and being the reporter that I am, I love to cover issues that need to be discussed," she affirms.

Her family is her support team, with her mother as her full-time manager, her brother as a contributor on air, and her father as her greatest fan. Although Chelsea says her line of work is enough of a reward, she is proud to receive acclamations as they come. Mnow Magazine, a women's publication, named her as their youngest honoree. She also received college scholarships from the Palm Beach Pathfinder Awards program and Marymount University.

Chelsea's message is loud and clear: "You're never too young to start your career. The earlier you do, the more experience you gain and the more you learn. School is such an important factor, but by my also getting out there, I learned more than I ever could by sitting in a classroom."

We Dare You!

Keep up with Chelsea on www.teentalklive.net. Tune in to the show every Wednesday at 7 p.m. EST. Ask questions, share your insights and learn more about the issues facing teens today.

Join her in supporting the SOS Children's Villages, which provides homes, families and support services to abused, abandoned or neglected foster children: www.sos-childrensvillages.org.

More from Chelsea: Her Favorite Things

Hobbies: Working out, spending time with girlfriends, and the occasional shopping spree

Place in NYC: Sheep's Meadow in Central Park

Book: The Twilight series

Movies: The Sound of Music, The Wizard of Oz, Wedding Crashers

Music: Beyonce, Madonna, Dave Matthews Band, and Biggie Smalls.

Actors: Meryl Streep, Leonardo DiCaprio, Tom Hanks

Career Role Models: Oprah, Katie Couric, Barbara Walters

Moment: Delivering sanitary napkins to the women in the refugee camps in Nairobi

Quote: "Nobody cares if you can dance well. Just get up and dance. Great dancers are great due to their love and passion, not just technique."