



## **Vernice “FlyGirl” Armour**

Known simply as “FlyGirl”, Vernice Armour ignites her audiences with a dynamic spark that can’t be extinguished. Soar through the execution of any plan by harnessing the power of a “Breakthrough Mentality!” From the moment she leaps into the audience, she shows attendees how to go from “Zero to Breakthrough” and create a personal flight plan utilizing her candid strategies to help win on the battlefield of business life!

Leveraging her “Breakthrough Mentality” mindset, Vernice propelled herself from beat cop to combat pilot in a record-breaking three years and became the United States Marine Corps’ first African American female pilot and, shortly after, was recognized as America’s First African American Female Combat pilot by the Department of Defense.

Upon completion of two tours in Iraq and leaving the military, Vernice launched VAI Consulting and Training, LLC. By applying the Zero to Breakthrough™ Success Plan to her own company, Vernice produced over six-figures in revenue within the first 12 months. Her passion is helping organizations and individuals create similar results.

Among her accomplishments, Vernice has been awarded as a pioneering pilot, including her commanding role in technology and engineering. An honorary Doctorate of Laws was conferred on Vernice from Chancellor University in 2010. She was also the first African American woman on the Nashville Police Department's motorcycle squad, Camp Pendleton's 2001 Female Athlete of the Year, two-time titleholder in Camp Pendleton's annual Strongest Warrior Competition and a running back for the San Diego Sunfire women's professional football team. Her signature book, Zero to Breakthrough™ (Penguin), was released in April 2011.

As featured on Oprah Winfrey, CNN, Tavis Smiley, NPR and others, Vernice “FlyGirl” Armour’s fresh style and presentation methods have inspired hundreds of organizations and individuals. Vernice ultimately impacts organizations and individuals with an understanding of the passion and leadership required to excel. Through her keynotes, executive and group coaching, seminars and executive retreats, Vernice conveys messages of Zero to Breakthrough™ through her unique insight and life strategy: “You HAVE permission to engage!”