



TEACHING WOMEN TO FILL HER CUP TO SERVE FROM HER OVERFLOW

Executive Wellness Coach | International Speaker | TEDx Speaker
Mental Health Expert | Author | TV Personality



Dr. Shana

CAREER HIGHLIGHTS

- LICENSED PROFESSIONAL COUNSELOR & OWNER OF PRIVATE COUNSELING PRACTICE (20 YEARS)
- FOUNDER OF THE YOUR EXTRAORDINARY LIFE NETWORK
- 2018 TOP 50 BLACK PROFESSIONALS & ENTREPRENEURS OF TEXAS
- FOUNDER OF HER VOICE, 501C3 NONPROFIT ORGANIZATION DEDICATED TO EMPOWERING SURVIVORS OF DOMESTIC VIOLENCE
- AUTHOR, GET YOUR LIFE: THE 90 DAY JOURNAL & GET YOUR LIFE: THE BLUEPRINT
- EXPERT MEDIA APPEARANCES: CBS, NBC, FOX, AND CW

BRING DR. SHANA TO YOUR NEXT EVENT. SHE TRAVELS
(WITH COVID PRECAUTIONS AFTER JULY 2021)
FROM HOUSTON, TX



ABOUT *Dr. Shana*

DR. SHANA D. LEWIS OR DR. SHANA,

as she is affectionately known, is a Licensed Professional Counselor turned Executive Wellness Coach, international speaker, TEDx speaker and Destiny Interventionist. She has over 20 years of experience specializing in working with women who feel stressed out and overwhelmed who are serving from an empty cup. Dr. Shana teaches her growing network of women her special Saucerlife process so that she can begin to fill her cup and serve from the saucer. She also teaches the importance of not living inside the box that someone else created for you but instead teaches women to design her own. She is a high impact, well sought-after motivational speaker who engages her audience with lessons that are tangible and can be used right away. Dr. Shana is also the founder of The Your Extraordinary Network home of the PowHER Wellness Blueprint program for high achieving and professional women who are ready to learn to fill her cup today!

AS SEEN ON



Dr. Shana's messages are centered around the importance of women creating alignment with her mind, body, & spirit. Dr. Shana believes that alignment will help a woman walk into her purpose.

WHEN DR. SHANA SPEAKS WOMEN WILL

1. Learn to identify where she is stuck in life to unleash her purpose
2. Learn to listen to herself and find the solution from within
3. Learn to do her work to build her extraordinary life

KEYNOTE TOPICS:

WOMEN IN LEADERSHIP

From c-suite to success: a 5 step alignment guide for women in leadership - women will learn that reaching the c suite doesn't equal true success. True success comes from a woman aligning herself with her purpose which will propel her productivity.

WOMEN'S EMPOWERMENT

Be your own breakthrough- women will learn that when dealing with the struggles of life, instead of waiting on someone else to come save you, the person you are really waiting for is you!

DOMESTIC VIOLENCE

1. Love Doesn't Hurt
2. Domestic Violence: Who's Problem Is It Anyway?

MENTAL HEALTH
(Schools/Universities)

1. What's mental health got to do with it?
2. Suicide prevention
3. Put your mask on first: 5 steps to managing stress
4. Special topics

SPIRITUAL

SPECIAL TOPICS AS REQUESTED



REASONS TO BOOK DR. SHANA

She will provide high value & deliver the exact message your audience needs to hear to inspire them to take action in their lives



SHE IS HIGH ENERGY

WHAT PEOPLE ARE SAYING ABOUT DR. SHANA

1. She is powerful and transformative speaker. She will make sure people leave the event with something that will positively impact their lives.

- James Norris, Black W.E.L.L.N.E.S.S. Conference Organizer

2. Dr. Shana delivered a thought provoking message of the ugly truths associated with domestic violence and the need for us to see our role in assisting other's in getting help. When we disassociate ourselves from the problem and chalk it up as that's a personal issue, that inadvertently allows tragedy to spill over into the lives of others. Domestic violence is everyone's issue.

- Eva Jones, SHERO Awards Gala Organizer



Say goodbye to a boring keynote!
Dr. Shana will engage your audience and keep them on the edge of their seat.



She provides tangible steps
your audience can walk away and use right away



She has a unique way of tapping into
the heart and the head of your audience
to motivate them to transform today

CONTACT US