



AYANA M. HENDERSON

EMOTIONAL WELLNESS COACH
AUTHOR | SPEAKER | VISIONARY

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Ayana is such a connector when she speaks. She has an amazing ability to transform rooms, draw the audience in, move them to tears, teach her points and leave them feeling motivated, educated, and inspired.

~Dr. Cheryl Wood



bit.ly/AMHIG



bit.ly/AMHFB



bit.ly/AMHLI

SPEAKING TOPICS

Girl! You Are a Warrior!

This talk calls out the "I'm just a.." for all us women. You are so much more. We answer the question, Who am I without all of that? The answer: A WARRIOR!

The Emotional Will

Leaving a legacy of money without emotional stability, mental strength, and good character isn't sustainable. Learn what else we need to include as part of legacy

Good Grief

Regardless of the type of loss, the audience will learn not only ways to lean into their grief but how to find the goodness despite the pain.

Shifting Your Soul

Using the 4-part S.O.U.L. framework, I help women jumpstart their soul-care journey by helping them identify their top core wounds and the four ways they can begin to process of self-therapy and true healing.

BIO

Ayana Henderson is an Emotional Healing and Wellness Coach and founder of Warrior Womanhood. Her focus is to help black women accelerate their healing so they can live a life they are proud of. Ayana believes when women reclaim their personal power and voice, they can change the trajectory of their lineage. Ayana also serves as a GriefShare group leader, is a 5x International Best-Selling Author, Anthology Visionary, and has been named a Top 20 Christian Coach, and is a Speaker to Watch. She lives just outside of Atlanta with her husband and four children.

AS SEEN IN



OFFERINGS & RATES

Workshops

1-2 Hours
\$150-\$500

Keynote Address

20-45 Minutes
\$1500-\$2500

Half Day Seminar

2- 4 Hours
\$500 - \$1500

Full Day Seminar

5-8 Hours
\$1500-\$3500