

# LaShawn McCrary

**SPEAKER ~INTUITIVE ~ LIFE COACH ~ AUTHOR**

*"Helping women love, accept and empower their authentic selves."*



## **A word from LaShawn**

"Hello. I'm LaShawn McCrary and my heart's desire is to help women live happier, healthier lives by teaching them how to get themselves back.

As women we have forgotten who we are, relinquished our power and stopped speaking our truths. It's time to return to our dynamic selves and become the women we were created to be.

I have had a great deal of success with my clients on a one-on-one basis, but I desire to help more women journey within themselves and learn how to love, accept and empower their authentic selves.

Writing books, delivering talks and having relevant conversations that enable women to evolve in positive, powerful ways makes my heart sing.

There's nothing like being in a room full of women and watching them have ah-ha moments and experience breakthroughs.

I absolutely love what I do!"



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## SPEAKER ~INTUITIVE ~ LIFE COACH ~ AUTHOR

### **Two-Line Bio**

LaShawn McCrary happily serves as a speaker, life coach, energy healer, intuitive and author. Her deepest desire is to help women live happy, healthy, authentic lives.

### **Short Bio**

LaShawn McCrary happily serves as a speaker, life coach, energy healer, intuitive and author. Her deepest desire is to help women live happy, healthy, authentic lives. She loves to travel, read, learn, teach, exercise, and have fun. She resides in the Metro Atlanta area.

### **Medium Bio**

LaShawn McCrary's heart is dedicated to helping women live happy, healthy, authentic lives.

A former Fred Pryor/Career Track certified trainer, she holds a BA in Communications from Bowling Green State University and is a CTM (Competent Toastmaster) a distinction with Toastmasters International. McCrary is experienced in life coaching, public speaking, personal and group training, Reiki, hypnotherapy, energy healing, dream interpretation, intuitive readings, television production, customer service, ministry and sensory motor coaching.

She is on a mission to get women to see themselves as God sees them.

McCrary loves to travel, read, learn, teach, exercise, and have fun. She resides in the Metro Atlanta area.

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### Long Bio

LaShawn McCrary's heart is dedicated to helping women live happy, healthy, authentic lives.

After spending a decade of her life constantly looking out the window thinking she should be somewhere else, doing something different – finally, she stopped looking around her and began an internal search. McCrary believed God had created her for a purpose; she just didn't know what it was.

Now she's fulfilling her purpose by speaking, coaching, writing books and having conversations that empower women to: grow closer to God, love themselves unconditionally, speak their truth, operate from courage instead of fear, define what they want out of life and their relationships, and become better women, mothers, wives and professionals as a result.

A former Fred Pryor/Career Track certified trainer, she holds a BA in Communications from Bowling Green State University and is a CTM (Competent Toastmaster) a distinction with Toastmasters International. McCrary is experienced in life coaching, public speaking, personal and group training, Reiki, hypnotherapy, energy healing, dream interpretation, intuitive readings, television production, customer service, ministry and sensory motor coaching.

The unfolding of McCrary's life shocks and amazes her. She now understands how every twist, turn, and seemingly bad thing that occurred in her life happened for her – not to her. She uses all of those experiences to help women who have gone through the same or similar bumps and bruises heal their lives.

McCrary sees herself as a servant-leader, and she proudly steps into who she is hoping other women will follow her lead and do the same.

McCrary loves to travel, read, learn, teach, exercise, and have fun. She currently resides in the Metro Atlanta area.

# LaShawn McCrary

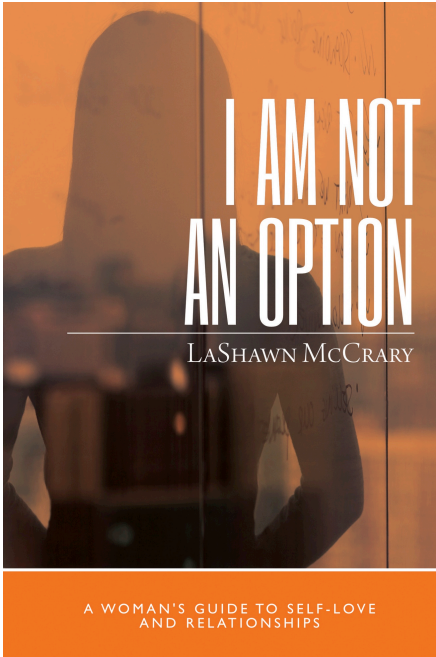
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### **I Am Not an Option Bio**

“We’re not doing this anymore,” are the words that permeated through my soul the day I decided that it was time for women to stop lying, denying and hiding who we are and what we want in relationships. At that moment, I deliberately chose to rise up and do something to help women get themselves back.

The next morning, I sat down and began to write. Nine months later, I gave birth to my new book, *I Am Not an Option: A Woman's Guide to Self-Love and Relationships*. I am a speaker, author, intuitive, energy healer and life coach who's on a renewed mission to share my heart, my voice, my truths, my gifts and my book with the world – one talk, one stage, and one audience at a time.”

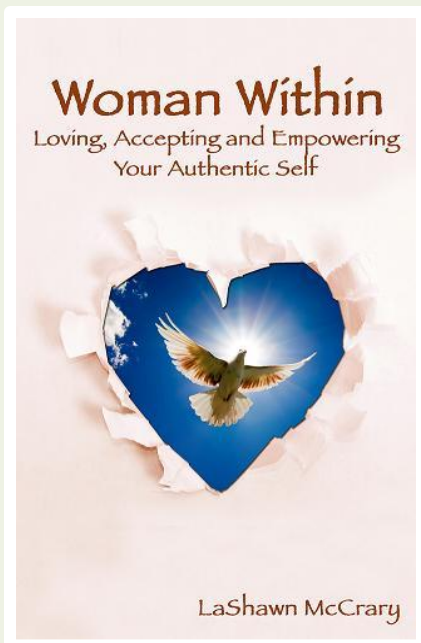
# Books



What do men want women to know? What would they prefer we never knew? What does dirty laundry have to do with relationships? Find out! Laugh, cry, love, and feel your way through these pages written from the heart and experience of the author for your relational healing and happiness.

As you're reading, you'll learn about your stuff, the man-code, differences between the sexes, and how to survive it all. The insights from each chapter are distilled into Reflection Lessons, a series of truth-revealing questions designed to help you acknowledge, release, and move forward.

You can find love again, be yourself, forgive, and you can live happily ever after. This book will show you how.



Our deepest desire in life is to be FREE. Free to embrace all of who we are without guilt, shame, embarrassment or measuring up. To love ourselves unconditionally and break free from living our lives according to the standards and expectations of others. This book gives you permission to:

- Re-establish your identity
- Re-design your life
- Pursue your dreams and ambitions
- Live Intentionally
- Be BOLD
- Live a life you love
- Set boundaries in your relationships
- Connect with yourself and your Creator
- Let go of the past
- Love, accept and embrace YOU!

There are no limits to the joy, peace, love and prosperity that reside in, the **WOMAN WITHIN**

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### Topics

Unconditional Self-Love, Empowerment, Confidence, Spirituality, Relationships, Happiness and Fun

### Signature Talks

I Am Not an Option

Find Your Power - Reclaim Your Voice

Return to Self

\*All talks can be turned into a customized workshop.

### Why hire LaShawn?

LaShawn doesn't just hype-up and motivate her audiences, she delivers effective messages that empower women to take action! Her energy and passion combined with her life-success tools, principles and strategies, leave attendees with unforgettable, life-changing experiences.

### What separates LaShawn from other coaches and speakers?

LaShawn has a genuine love and desire to help women and acknowledges the only way to achieve true joy and fulfillment is through the power God. Her talks, coaching and customized workshops are created through the guidance and wisdom of the Holy Spirit. She embraces her role as a conduit, and thoroughly enjoys empowering women.

### Why is LaShawn an Event Planners dream?

In addition to her million dollar smile and infectious energy, LaShawn sees herself a servant-speaker. Her goal is to promote the vision of the event and will only take speaking engagements which allow her to serve the needs of the attendees.

### Previous Conferences and Seminars

F.I.T. Women's Conference

Women's Expo Atlanta

Business Conference Atlanta

Power Life Conference

Fred Pryor/CareerTrack Seminars

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### **Speaker Introduction**

LaShawn McCrary is a life coach, speaker and author who's determined to help women live happier, healthier lives by teaching them how to get themselves back. She's here today to share her heart and wisdom in hopes that each of you will hear and receive that which is meant for you.

### **5 Interview Questions**

1. What do you love most about speaking?
2. What do you love most about coaching?
3. Who is your target audience?
4. What can your clients expect from you?
5. What's next for LaShawn?

### **5 Fun Facts about LaShawn**

1. Coloring is one of her favorite pastimes. Don't expect her to share her coloring books or crayons.
2. She's watched Finding Nemo at least 75 times.
3. The Pittsburgh Steelers are her favorite NFL team.
4. Beautiful beaches are her favorite places to have fun and relax.
5. Her favorite foods are pizza, french fries, and chips and salsa or guacamole.

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**Thank You For Your  
Business!**

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