

About Bridgette Lewis



The Bounce Back Coach

A published Author, mentor, hope restoring transformational Speaker, and Bounce back Coach. Bridgette has a global mandate and mission to teach, equip and empower Women to fight for their destiny while encouraging them to get back-up from life's unexpected challenges, set-backs, curve balls, and detours. Bridgette has face unsurmountable setbacks. She knows what it's like to lose everything and having to rebuild her life from the ground up.

Speaker Topics

- ◆ Crossroads
- ◆ It's time to forgive
- ◆ Hitting Rock Bottom
- ◆ Follow Your Intuition
- ◆ Nothing Can Stop You
- ◆ Shifting Your Perspective
- ◆ Bouncing back After A Setback
- ◆ When Life Interruptions Become Opportunities
- ◆ What Are You Going To Do With The Life You Have Left?

Shift Your Perspective

The most effective way to change your perspective is to begin to think of life as happening for you, not to you.

Crossroads

Your decisions are cloaked in emotion. If you're in this place, your mind is filled with doubt. It's difficult to clearly see your options.

On Stage

Bridgette has something to share using straight talk to deliver her consistent message of self-love, healing, forgiveness, and resiliency. She joyfully shares the keys she used to create her own heroic bounce back plan.

If you have a speaking topic or something in mind other than what has been mentioned, feel free to submit your request and we will be happy to collaborate with you.

"All Things Are Possible For Those That Believe." - Bridgette Lewis

At the age of seventeen I was sexually assaulted and raped by my first boyfriend. Michael was completing his freshman year in college I thought we were friends, but he had other plans. That life altering event happened years ago, but I never forget how it made me feel. I learned about pain, shame, and fear. That one selfish act changed my view about life and my relationship with men.

At the tender age of twenty-three I was in love with a man I thought I would spend the rest of my life with. My future husband pursued me restlessly, I blindly believed my marriage was based on love, mutual respect, and trust. It was all smoke and mirrors I married the wrong Man. I was naïve with no street smarts I thought if a Man gave his word that was like money in the bank. I have learned much about the wrong kinds of relationships I've had a few so I know firsthand what it feels like to be in a toxic dysfunctional relationship and marriage.

My life plan was not clearly defined, and I did not know who I was yet or who I would become. The Man I thought I was marrying turned out to be an imposter. I married a cocaine selling drug dealer. Blinded-sided by his charm and polished demeanor my marriage was filled with lies, deceit and broken promise's I was always on a emotional rollercoaster.

The first time he put his hands on me it shocked me. Moving from place-to-place and losing myself in the process I eventually lost everything. By the time I realized what was happening I was pregnant with our first child. The lies continued eventually I ended up homeless living on the street with no place to go.

It took years to disconnect from the pain and heal emotionally after leaving that relationship. Those events happened many years ago, but I have never forgot how each event help to build my resilient tenacious spirit creating a resolve to get back in the game of life and eventually bouncing back.

Book and Connect With Bridgette Today

- +1 (562) 544-8102
- BsimplySpeaking@msn.com
- www.BridgetteLewis.com
- Bridgette Y. Lewis
- BridgetteSpeaks
- BridgetteSpeaks
- BridgetteLewisCom

