

The Bounce Back CoachTM

Bridgette Y. Lewis

Media Kit



www.BridgetteLewis.com



A published author, mentor, hope restoring transformational speaker and bounce back coach. I help Women who have been in wrong relationship, stop self-sabotage see what is possible after experiencing life interruptions. I help Women create a blueprint map and road to recovery plan. I share six actionable steps to get clear, gain clarity and renewed confidence. "I help Women who have experienced relationship trauma push past her mental blocks and pain teaching them how to Re-build, Recover and Bounce Back."

I know life has thrown you unexpected challenges and setbacks I have been there. I never thought I would be pregnant and homelessness walking I had hit rock bottom. I know what low-self-esteem looks like and what it feels like it is awful. You have asked yourself if you could recover or be whole again. We will take the steps together to create your customized bounce back plan. I am excited to help you rebuild your life from the ground up.

I am the right coach for you if you are ready to tell yourself the truth and do the heart work and hard work. I will share the exact steps I used to bounce back, emotionally, financially, mentally, and physically from abusive relationships. You don't have to do it alone I will guide you with a clear plan of action. I know firsthand what it's like to lose everything and to rebuild life from the nothing.

Bridgette has authored four books "From Pitfalls to Purpose" and "The Bounce back six simple steps to develop resilience while rebuilding and restoring your mind, body, and spirit." She has been featured on a top-rated podcast and delivering keynote presentations, workshops and sat in on panel discussions for mid-size companies and organizations.

Creating Impact



PODCAST

Bounce Back definition: Overcome, Rebound, or Recover Returning Quickly To a Normal Condition After a Difficult Situation or Event.

2Mil

Community Reach

Analytics

200.5K+
MONTHLY PAGE
VIEWS

50K+
ACTIVE EMAIL
SUBSCRIPTIONS

20% - 65%+
EMAIL
OPEN RATE

Social Media Stats

15k+

facebook

—

2k+

instagram

—

12k+

twitter

—

5k+

linkedin



How do you begin rebuilding your life or starting over after a major loss? I know first-hand what it is like to lose everything and to rebuild from the ground up. I had no clue that my ex-husband was hiding a horrible secret. To find out that he was a drug dealer and that he had served time in prison that shook me to my core. Going through a break-up or a job lost or career change? Not sure what to do? I can help you through the process of change to craft your "Road to Recovery plan" learn how to heal from your past and reclaim your happiness with this practical, powerful guide.

1. Ready to reclaim your power?
2. Are you ready for a clear plan of action?
3. Do you need help rebuilding your confidence?

With my practical six step guide and a clear blueprint and six crucial steps you can rebuild, recover, and bounce back.

TESTIMONIAL

"I needed a clean break, and I was ready to start fresh with rebuilding my life, I knew I needed help from a seasoned coach and extensive support and personalized coaching. I completed the Bounce back assessment, I scored low in several keys areas, I joined the Bounce back academy. By implementing the keys Bridgette taught in the program I am no longer in an unhealthy relationships and I truly understand how to set clear boundaries"

Michelle Whitt

DEMOGRAPHICS

75%

AGES
25-62

27%

MARRIED

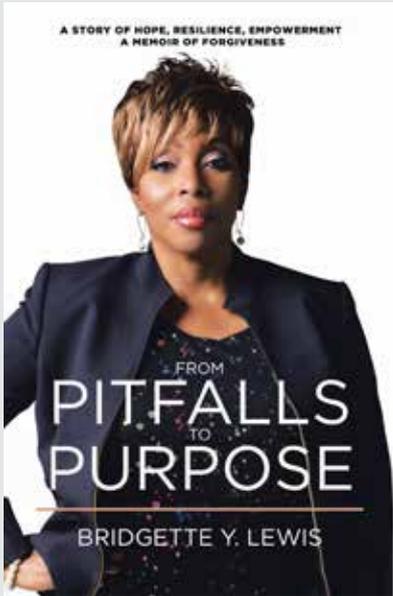
98%

WOMEN

61%

COLLEGE
GRADUATES

Books



From Pitfalls To Purpose

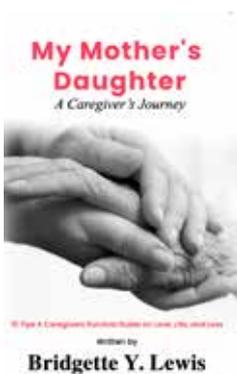
Each reader will connect to my book in a unique way, there's laughter and tears. My book is beautifully tender and ultimately it's about finding hope and healing in the dark places. It has plenty to teach each reader based on where they maybe in their life about living and forgiving ultimately finding peace.

Available now through

Amazon.com and BarnesandNoble.com

The Power Of A Dream

Believe in your dreams by visualizing what it would feel like when you have already achieved your dream, your mindset would shift and align you towards taking all the steps towards making your dreams a reality. Live and breathe your dream. Believe that you have everything you need at this moment, to achieve your dream.

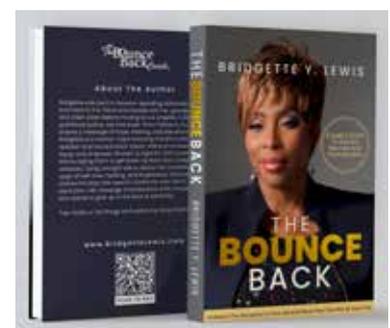


My Mother's Daughter

It can be one of the most rewarding experiences, but it's not without its fair share of challenges. That's why it's so important for caregivers to have a strong support system while taking care of older parents and loved ones struggling with illness.

The Bounce Back

Why do we give up? Why do we forget to try again? Over the years, I have worked with all kinds of people with various personal and career challenges, and I have come across one common fear that we all naturally develop and the fear of failure, or the fear of getting hurt.



Press & Media



Speaker Topics

- ◆ Crossroads
- ◆ Hitting rock bottom
- ◆ Nothing can stop you
- ◆ Shifting your perspective
- ◆ Do not ignore your Intuition
- ◆ Bouncing back after a setback
- ◆ It's going to be a bumping ride
- ◆ When life interruptions become opportunities



Book Bridgette Today!

The Bounce Back Coach

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