

The Bounce Back Coach[™]

Bridgette Y. Lewis

Media Kit



www.BridgetteLewis.com



Her mission is to transform, educate, and empower Women to reach their full potential. Founder of The Bounce Back Academy™ a personal development brand teaching Women how to walk in their purpose.

Marrying the wrong man at the tender age of twenty-three changed the course of Bridgette's life, behind her ex-husband's radiant smile was a deceptive controlling cocaine addicted drug dealer. Her former spouse's immoral behavior could have cost Bridgette her life. Always on edge, shaken and second guessing every decision, she learned not to trust herself. The relationship was emotionally draining and toxic. His actions caused self-doubt and low-self-esteem until Bridgette discovered she was strong, beautiful, smart, courageous, creative, resourceful, and powerful.

Through every challenge, obstacle and roadblock, Bridgette developed mental toughness to never quit when life got tough

- I help Women exit toxic relationships and stop self-sabotage.
- I help women a clear, gain clarity and renewed confidence.
- I help Women create a customized map and a road to recovery plan. She will help you do the deeper work releasing the emotional, and mental weight letting go of past trauma keeping you stuck.

If you are ready to tell yourself the truth and do the heart work and hard work. I am the right coach for you. I share the exact steps I used to bounce back, emotionally, financially, mentally, and physically from abusive relationships. You do not have to do it alone I will guide you with a clear plan of action.

I specialize in helping Women change the course of their lives move into purpose, past life disruptions, conquer fear and find hope. Traveling the country, sharing her story of resilience, empowering Women to never give up when faced with adversity.

The of Author of two books "From Pitfalls to Purpose" and "The Bounce Back" six simple steps to rebuild, restore your mind, body, and spirit. My books teach Women how to rebuild recover and bounce back.

Creating Impact



PODCAST

Our expert readily shares their heroic comeback stories with practical tools and actionable steps to help listeners move forward.

2Mil

Community Reach

Analytics

7,500k+
MONTHLY PAGE
VIEWS

12k+
ACTIVE EMAIL
SUBSCRIPTIONS

73%
EMAIL
OPEN RATE

Social Media Stats

12k+

facebook

—

2k+

instagram

—

10k+

twitter

—

5k+

linkedin

TESTIMONIAL

"If you want to get to the next level, you need to find a community and a coach like Bridgette who not supports your vision but also knows how to turn your life goals into reality." She has been where you are, hitting the same walls and conquered the same challenges you're facing. She knows the way through, and how to get on the other side as you face and overcome whatever challenge you're having.

Lonnie Campbell Phoenix, AZ

Before I started working with Bridgette I was struggling with fear, confidence, and connecting with others. I have big dreams and deep down I knew I could accomplish them, but I felt stuck and afraid. Through her work I now open up setting clear boundaries. Bridgette's support and tools gave me the confidence I needed to move out of fear and step out and face my life with courage.

Marni Langley, Philadelphia, PA

DEMOGRAPHICS

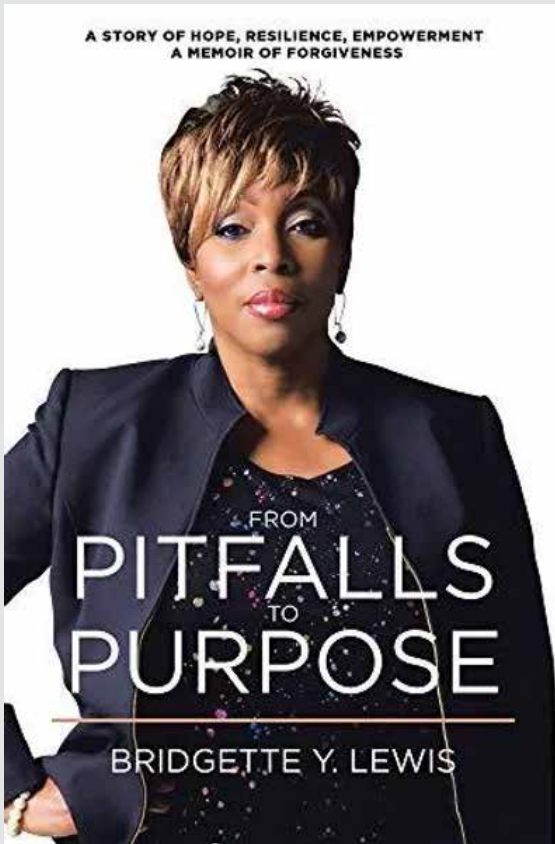
75% AGES
25-62

98% WOMEN

61% COLLEGE
GRADUATES

27% MARRIED

Books



From Pitfalls To Purpose

Are you ready to shift? There's more to your life than what you've been living. Sometimes we get stuck in jobs or relationships that are sucking the life out of everything we do and love. Sound familiar?

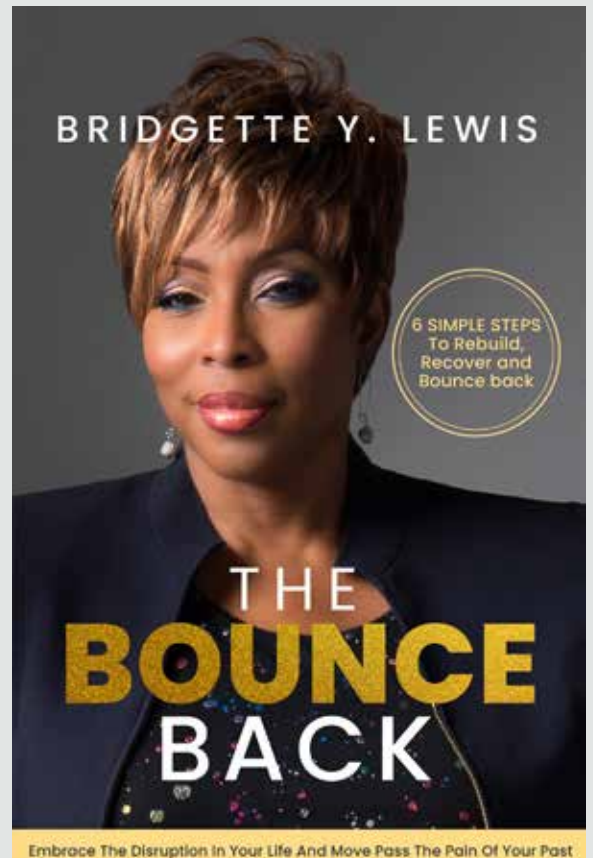
I had big hopes and dreams inside of me, yet I felt stuck. I knew God had more in store for my life. Find out how I turned the tables and flipped the script in my new book "From Pitfalls To Purpose"

Available now through

Amazon.com and BarnesandNoble.com

The Bounce Back

Whether you're dealing with work-burnout, a career change, fear of job security, derailment or any other serious setback, we have to become the child that does not give up, this starts with changing your mindset. Inside my book The Bounce Back "Embrace the Disruption in Your Life and Move Pass the Pain of Your Past" I share 6 simple keys to help you bounce back from any failure and from life disruptions.



Press & Media



Speaker Topics

- ◆ Write Your Vision
- ◆ Facing a Crossroads
- ◆ The Power of a Dream
- ◆ Bouncing Back After a Setback
- ◆ How To Build Radical Self Confidence
- ◆ How to Overcome Your Limiting Beliefs
- ◆ Don't Be Afraid To Leave Your Comfort Zone
- ◆ When Life Interruptions Become Opportunities



Book Bridgette Today!

The Bounce Back Coach

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