

*La Tanyua*

LA TANYUA THOMPSON

LIFE EMPOWERMENT COACH, SPEAKER & AUTHOR



# MEDIA KIT

**GET IN TOUCH**



[www.latanyuathompson.com](http://www.latanyuathompson.com)



[info@latanyuathompson.com](mailto:info@latanyuathompson.com)



[/latanyua.brownthompson](https://www.facebook.com/latanyua.brownthompson)



# Biography

***“YOU WILL NEVER BECOME BETTER BY  
SIMPLY REMAINING THE SAME.”***

La Tanyua Thompson is an author and a motivational speaker who has a way of captivating her audience and leaving them sitting on the edge of their seat. She is a phenomenal teacher, excellent mentor, and a life changing transformational coach for the woman who is tired of settling and wants more out of life.

As a speaker every sentence is power packed with content that has substance to empower the listener for living. She has over 20 years of coaching and counseling experience impacting people from all over the world. She is gifted in the ability to hear the silent cry of a woman who has not yet found her voice and remains a prisoner inside her own body and yearns to be free. Free from the hurt, pain, rejection, betrayal, failure and resentment of others as well as herself. La Tanyua is known for her breakthrough coaching and helping clients to see and understand the process and power in finding and using their voice. She empowers her clients by teaching them how to shift their mindset and the power of their words.

La Tanyua says “Many women complain about being exhausted but being exhausted is not enough because your situation will not change until you shift your mindset and rewrite the story that you are telling and do the work.”

# This community is for the woman who never seem to quite fit in to what others considered the norm.

She has always had a voice but believed she didn't have the freedom to use it. She is a woman who is typically afraid to speak out and not because she has nothing to say, but because she knows and understood the power of her voice.

People may have mistaken this woman as someone who is weak, timid and afraid due to her silence. They simply do not understand that her strength is in what she sees vs. what others are unable to see. This woman totally understands the power of her words and that to speak prematurely would release power into an atmosphere which at this time is powerless to her. When speaking she uses wisdom to ensure that every word that she speaks is an investment that will bring her back a return.

This woman is an employer and her words are her employees. They work for her; their job is to bring back what she has hired them to do. Her life may appear to be easy and without pain or any suffering because when responding to life, she speaks life even when a situation may appear to be dead.

Her knowledge, wisdom and experience go far beyond her years. She is patient because she knows timing is everything. Her moves are strategically made, her present move is supported by the past move, but the present move always pulls from the future.

This woman is a leader in her own right, refusing to play small for others to accept her and feel comfortable with where they are in life. She surrounds herself with women of greatness to ensure that she does not become comfortable in a place that was designed as a resting place and not a place to reside in.





# Speaker Topics/12-Week Programs

## **My Journey to Defining Life, Love & Loss**

My Journey to Defining Life, Love & Loss is a workshop for young adults to start the process of defining these areas of life for themselves. Typically, the definition of each term was provided to them or was developed through their personal knowledge, experience, and mindset. It also has to do with who is in their life, what they were taught, what serves them, what no longer serves them, and who they are becoming while defining life, love, and loss in their own words.

## **My Journey to Redefining Life, Love & Loss**

My Journey to Redefining Life, Love & Loss is a workshop for adults who have experienced life, and, as a result, have changed the way they see life, themselves, and others. For them to move forward, they will have to redefine their definition and change their vision. It is a process that will require them to do the work as they redefine life, love, and loss from where they are going and not where they were. We will be working on their mindset and beliefs while teaching them how to forgive and receive forgiveness.

## **Death & Divorce, the Birthing of an identity**

Who am I without them? How do I discover who I am? How do I ensure that I never lose my identity? As a Woman, we go from Mrs. to Ms., yet the man, regardless of his status, his title of Mr. stays the same. Death & Divorce, the birthing of an identity is a workshop about what the two have in common. Each person has experienced a death. For one it is a physical death, and the other is the death/separation of a relationship. Both were joined and now are left alone. Many have allowed a title and type of loss to separate them during their grieving process.

## **The Total Woman**

The Total Woman is a workshop about embracing every part of themselves, identifying who taught them, their roles and responsibilities for their current title/position, and identifying what they were never taught. It's important they understand that every title/position has a predefined definition that is trying to conform them to what someone else needs and is looking for instead of who they were born to be. They should also take into consideration that as time changes their definition, perspective, and mindset may remain the same.

**Please Note this course is also available for The Total Teen.**

### **Next Level Living**

Next Level Living is a workshop about Lifestyle, Relationship, and Business identifying where they are, they desire to be, and the gap in the middle. They will also be dealing with their mindset, belief, behavior, and patterns. The workshop is designed to provide clarity, confidence, and creativity to get your message out and to identify what's holding you back.

**NEVER LIMIT YOUR LIFE BASED OFF THE BELIEFS, SUPPORT AND OPINIONS OF OTHERS.**

**Each Program includes the components below:**

- 1:1 coaching bi-weekly
- A recording of all coaching session
- Breakthrough coaching
- Step by Step Process for setting up your Next Level Living Calendar
- 4 Accountability Calls
- Private Group – Online support

**Contact La Tanyua if you are interested in any of the following:**

- Group Coaching
- Private Coaching
- Corporate Coaching
- Conferences and Workshops
- In Person Retreat
- VIP Day

**Please note that the VIP is done in a day instead over the course of 12-weeks**



## What People Are Saying About La Tanyua

I've attended The Total Woman Conference Twice. Each time I've attended I've uncovered and gained invaluable insight on who I am and why I make the decisions I do. I've cried and laughed, but it was worth me spending the day with La Tanyua and myself.

La Tanyua was able to help me understand that I am bold enough and confident enough to walk in my calling. Attending the conference helped me to understand that I must be intentional about my life in order for my purpose to be fulfilled. I am looking forward to the next conference and the retreat when she has one.

I would definitely recommend The Total Woman Conference to all women who are ready to shift into the next level of their life.

**Aneitra Coleman**

[www.detailsressential.com](http://www.detailsressential.com)

Before working with La Tanyua I struggled with my belief and my value. I was not clear on how to communicate and identify my ideal clients. Through her coaching, she helped me shift my mindset. She also showed me how to take my experience and knowledge to position myself and attract the clients that I desired to work with. Working with her has allowed me to go deeper and has propelled my business to a HIGHER Level!

In March of 2016, La Tanyua was the It's My Time to Rise Business Institute guest speaker and EVERY business owner receive a MAJOR breakthrough. She has been gifted to help women identify the REAL cause of what is holding them back and provide REAL solution to help them get unstuck!

**Coach Sheya Chisenga**  
[www.sheyachisenga.com](http://www.sheyachisenga.com)





LA TANYUA THOMPSON  
MEDIA KIT

*La Tanyua Thompson*  
*Purpose Authority Coach*

**Don't Allow The **Fight** That You Are In  
To Cost You Your **Identity**!**