



## Lynyetta G. Willis, PhD

Psychologist | Speaker | Family Coach | Author

*~ Create harmony in your heart & home ~*

Dr. Willis speaks and teaches about personal and family empowerment in a way that has her audiences laughing, nodding, and connecting with a deep sense of “I got this!” as they learn practical ways to shift how they show up for themselves and those they care about most.

### Signature Keynote

#### *The P.A.T.H to a Thriving Family*

We sometimes feel a disconnect between the vision we hold for ourselves as parents, partners, and family members, and our day-to-day reality. We find ourselves second-guessing decisions or welling up with guilt or shame when triggered. Through humor, imagery, stories, and research supported tools, audiences will:

- ▶ Unlock the transformative power of understanding and embracing their triggers.
- ▶ Discover how early experiences influence their parenting and partnership style...and what to do about it.
- ▶ Demystify difficult relationship dynamics using the 4 P.A.T.H's of a spiritual practice.
- ▶ Identify tools to help them regain their center when out of balance with those who matter most.

### Signature Workshop

#### *Calm Your Family Chaos*

Despite good intentions, and deep insights from friends, books, and blogs, when we're triggered, many of us find ourselves afraid we're going to screw up our kids, partnership or other important relationship. Emotionally overwhelmed, we try to stop repeating the same unhelpful patterns that leave us feeling disconnected, resentful, or guilty towards those we care about. This 3-hour workshop is for anyone wanting to gain clarity and direction on how to break unhelpful patterns in an important family relationship. In a half-day or full-day workshop, participants create a personalized, practical plan to help deal with one key relationship. Attendees will:

- ▶ Illuminate a vision for one key relationship so they can develop a soul-inspired path to get there.
- ▶ Cultivate strategies to deal with the chaos without screwing up their kids, partnership, or other important relationship.
- ▶ Learn a (counterintuitive) way to deal with self-doubt, guilt, or other difficult emotions that are sabotaging a key relationship.

### HIRE DR. WILLIS

To request Dr. Lynyetta Willis as a speaker or facilitator for your company, conference, or organization, please contact [Hello@DrLWillis.com](mailto:Hello@DrLWillis.com) with your booking request.



Multi-award winning author, Dr. Lynyetta G. Willis, is an experienced speaker, workshop facilitator, psychologist, family-empowerment coach and trauma expert. She delivers live presentations for professional associations, schools and spiritual groups, and interviews for television, radio, and podcasts. Dr. Willis invites audiences to tap into their wisdom and develop the confidence to become the parent, partner, and person they were born to be. Through her signature mix of practical guidance, metaphors and humor, Dr. Willis empowers her audiences to live in alignment with their highest and wisest selves. Dr. Willis is the multi-award winning author of *My Forgotten Self: A Story about a Girl, a Powerful Encounter, and a Universal Message*. She lives in Georgia with her husband and their two children.

When the curtain closes, Dr. Willis's audiences are left with more than "feel good" sound bites. She seamlessly weaves her gift of metaphor, humor, and almost 20 years of experience as a psychologist and researcher to empower her audiences with practical guidance and life enhancing strategies.

## Praise for Lynyetta:

**I got chills listening to Dr. Willis.** This is transformational and will help so many people!

-Monica W.

**I love, love, love, your message, Lynyetta!** Thank you for this amazing perspective.

-Irene P.

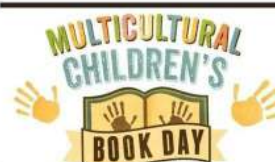
**Brilliant! I loved your talk.** I am excited to see if the visuals will help me...I'm excited to apply this new method you've shared.

-Heather B.

**Dr. Willis is a skillful storyteller who takes her audience on a journey...**down to earth, engaging, revealing and accessible ....she speaks to the issues women face with support and caring; she gives you the confidence to take steps you've been scared to take for too long.

-Mariel Blake, Jack and Jill of America, Inc.,  
Athens Chapter President

## As seen in:



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