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www.AudraBryant.com

Media Kit

AUDRA BRYANT

**Personal Empowerment Coach,
Artist, Speaker & Author**

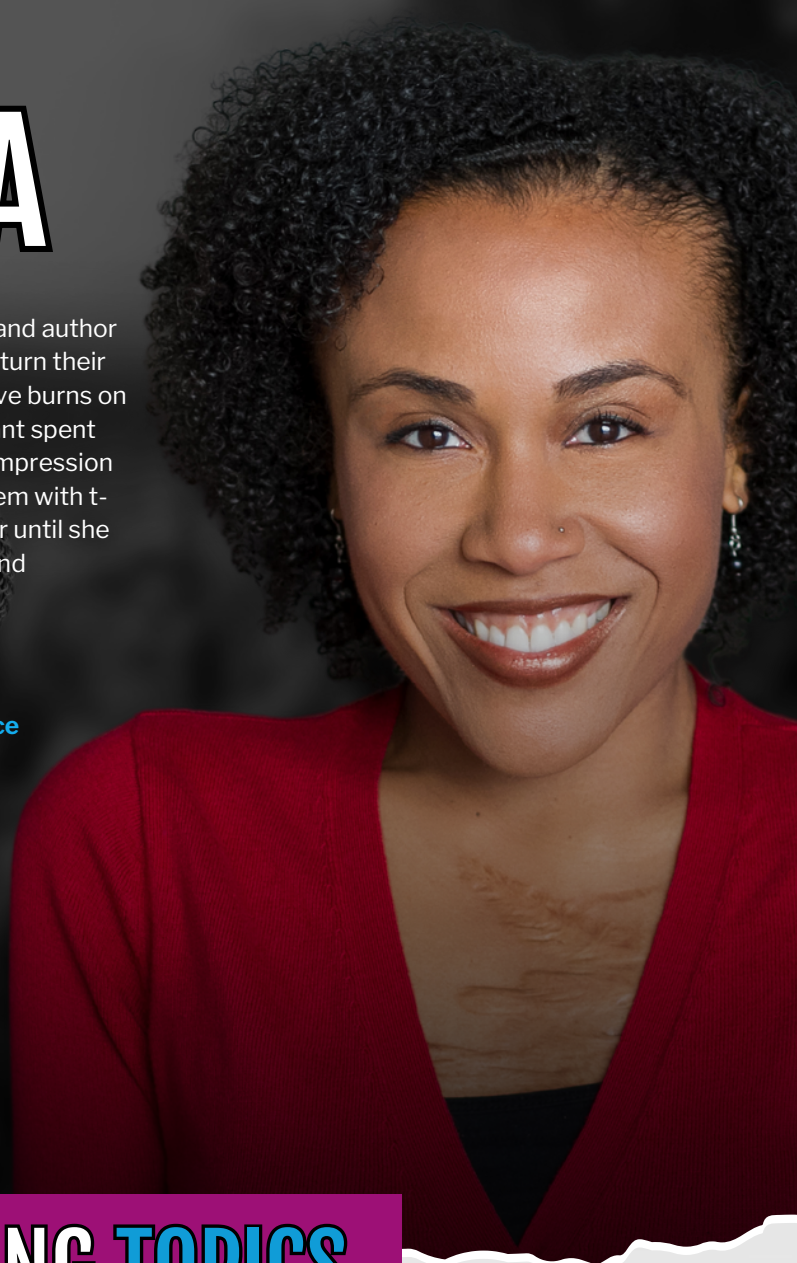
Turns Your Scars into Your Superpower!

ABOUT AUDRA

Audra Bryant is a personal empowerment coach, speaker, singer, and author who shares her transformational journey of healing to help others turn their scars into their superpower. After an accident caused her to receive burns on her chest, neck and shoulder at the tender age of 18-months, Bryant spent nearly 25 years trying to rid herself of the scars with surgeries, compression vests, acid treatments, and injections. She then began to cover them with t-shirts and turtlenecks and refused to look at her scars in the mirror until she was 25 years old, only to find herself missing out on her purpose and meaningful relationships.

Because of her experience, the Detroit native wrote her song “**Scars**” to encourage others going through similar situations and shares her journey in a book “**I’ve Got Scars Baby! How to Embrace Your Scars and Power Your Purpose.**” In it, Bryant reveals that through prayer, affirmations, and other methods, she eventually found her purpose by embracing her scars. She’s empowered countless others through workshops, personal coaching, speaking engagements, and her podcast “**I’ve Got Scars Baby!**”, which explores “scars” of all sorts from physical to mental and emotional.

Through the victories and the times of challenge, Bryant’s learned that we all have a purpose that is inextricable linked to one another so it is her desire to encourage others in their journey and make them smile along the way!



SPEAKING TOPICS

- **Building a Mindset That Serves You –**

How to Think to Get What You Desire

- **When Life Gives You Scars...Write a Sitcom! –**

How to Soulfully Rebrand Your Life

- **Perfectly I’Mperfect–**

How to Embrace Your “Imperfections” and Feel Confident

- **Connecting the Dots–**

Discovering the Beauty in an Ugly Past

PRESS & LINKS

SHOUTOUT LA

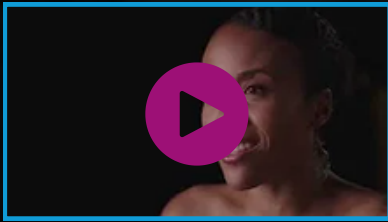


NATIONAL KIDNEY FOUNDATION®

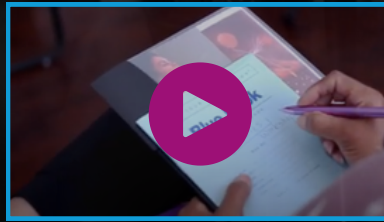
VoyageLA



PHOENIX SOCIETY FOR BURN SURVIVORS



I've Got Scars, Baby! Book



The Desires Fulfilled Workshop



"Scars" Music Video

I've Got Scars, Baby!: How To Embrace Your Scars and Power

In this refreshingly transparent and earthy self-help memoir, TV producer, performance artist, and burn survivor Audra Bryant ushers the audience into the world of her scars. Severely burned at 18 months old, left disfigured, and refusing to look at herself in the mirror until she was 25 years old as a result, Audra addresses the life of fear she led behind the cloak of turtlenecks and T-shirts, and how her unembraced scars affected not only her self-esteem but also her love life and career.

amazon





SERVICES

- **Keynote Speaking**
Unlocking Inspiration, One Keynote at a Time
- **Workshop Facilitation**
Empowering Your Journey with Personalized Experiences
- **Individual Coaching**
Nurturing Your Potential Through Tailored Coaching

[Book a Call](#)

TESTIMONIALS

DEE (TV PRODUCER)

“Audra’s healing work is truly a gift. She really helped me through what I consider a dark period in my life. I also work in an industry that constantly compromises your mental health, which only intensified the storm and stifled my creative abilities. Audra, gave me homework (YES HOMEWORK!) and that’s when the REAL healing began. I love the fact that it was personal. She forced me to dig deep inside of myself. I’ve never been a fan of vulnerability and she pushed me outside of my comfort zone. I met her with so much resistance, but she persisted in making sure I was doing the necessary inner-work to heal. Since then, I’ve never felt happier and more at peace! My closest friends and family have even mentioned that they’ve noticed a positive difference in me. I’ve reclaimed my creative spirit and wholeness. The path to becoming whole isn’t easy and I’m so incredibly grateful for Audra and her techniques in helping me to first identify the holes.”

ALEXANDRIA (WIFE, MOTHER OF 3 AND BUSINESS OWNER)

“Audra’s “**Scars Sessions**” provided me with vivid, clear insights on why I wasn’t living my best life and how I allowed my emotional scars to hinder my personal progress. I found her more effective than my therapist because she pinpointed my problem immediately and then provided me with effective solutions to be a happier more productive person. With only a few sessions I was able to release the internal burdens I had placed on my mind and heart. I really appreciate and love what Audra is doing because we all have scars and need help from others to heal them.”

J (Engineer, Musician & Father)

Just talking to Audra calms your spirit...in fact she creates an environment of safe communication which allows you to see yourself your strengths and flaws without judgement. Thus, unpacking baggage that seemed impossible now becomes very approachable. She can be a key resource especially if you are in the midst of an unfamiliar transition.




E. (MOTHER & BUSINESS PROFESSIONAL)

"I was always the type to believe talking with someone about my problems will never work. I then was tired of many years of struggling with loving someone or accepting someone that loved me and I would not understand it. I tried speaking with a couple of therapists and I did not see myself following through with my sessions and they did not seem genuine.

I later decided to seek help and started meeting with Audra. People as well as myself noticed the change within the third session I had with Audra. She helped me in a way no one had been able to do. My life till this day, has changed tremendously. I am able to openly love and accept someone loving me. I feel like a new person starting a new life. I am very grateful for Audra always being consistent, on time with our sessions and for understanding how to work with me to make me a better person. Audra was patient with me and never made me feel uncomfortable sharing my most intimate fears and experiences."

CONTACT INFO

Connect with Audra Bryant today to start your journey of healing. Audra is available for interviews, coaching, keynote speaking and workshop facilitation.

-  310-431-9494
-  info@AudraBryant.com
-  www.AudraBryant.com

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