

# DEANDRA COLEMAN

WELLNESS & LIFESTYLE DESIGNER

PODCAST HOST | SPEAKER | ADVOCATE

With a deep commitment to empowering the autonomy of Black women, Deandra Coleman is a seasoned professional specializing in bespoke wellness lifestyle transformations tailored to those who may be experiencing fatigue, disillusionment, and a desire for meaningful change. Renowned as a trailblazer in wellness, life branding, and a catalyst for transformative shifts, she passionately advocates for Black women to create spaces of ease, simplifying their lives and emphasizing the significance of being rather than constantly doing. Deandra's overarching mission is to usher in an era where Black women can confidently assert their right to decline, disengage from societal expectations, and authentically pursue their desires.



## SIGNATURE TALKS

- ✓ **Reclaiming Your Agency:**  
Saying No, Opting Out, and Living Authentically
- ✓ **Unmasking:**  
An Exploration of Black Women's Mental Health
- ✓ **Cultured Life Branding:**  
The Art of Values Based Living

*"The time I spent with Deandra was such an inspiration. She was such a light to me and an example of what could be. Such a strong black woman...I am in awe of her!"*

### AS SEEN IN

LOCKHEED MARTIN

Opal Daily



((SiriusXM))

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## Panel and Interview Topics

### **Reclaiming Your Agency: Saying No, Opting Out, and Living Authentically**

Explore the transformative journey of reclaiming agency and setting boundaries as Deandra Coleman passionately discusses the power of saying no. Through anecdotes and practical advice, she advocates for Black women to confidently opt out of societal expectations, providing a roadmap to authentically live out desires, redefine priorities, and embrace the freedom that comes with assertiveness. Drawing on Deandra's expertise in guiding individuals through profound life changes, participants will gain valuable insights into the mindset and strategies needed to embark on a transformative journey, fostering resilience, self-discovery, and the courage to pursue a life aligned with one's true aspirations.

### **Unmasking: An Exploration of Black Women's Mental Health**

With a keen understanding of the unique challenges faced by high-achieving Black women, Deandra provides insight into the toll of wearing a false mask of contentment, navigating grief, and ultimately emerging stronger. Through poignant storytelling and actionable insights, Deandra inspires audiences to recognize, validate, and uplift the experiences of Black women in the ongoing pursuit of mental health equity and justice.

### **Cultured Life Branding: The Art of Values Based Living**

Join Deandra Coleman in an exploration of cultured life branding, where she has emerged as a trailblazer. This speaking engagement focuses on the principles and strategies behind crafting an values based life, emphasizing the importance of creating spaces for ease and simplifying life. Attendees will gain valuable insights into the profound importance of embracing 'being' over the constant pressure of 'doing.' This talk offers a fresh perspective on cultivating a lifestyle that aligns with one's true self.

## Links To Past Engagements

[Bay Atlantic University Commencement Speech](#)

[The Black Woman Opt Out Podcast](#)

[Open BX Interview](#)

