

Lindy Lewis

Short Bio:

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Long Bio:

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Lindy founded her company to support and inspire women. Through Let Your Color Out, Lindy speaks at conferences, classrooms, and meetings. She offers Creativity Coaching, books, and merchandise—all with the intention of inspiring type-A women to start the journey of softening into a new walk of grace and unconditional self-acceptance.

“I want to help other women uncover the aspects of themselves that years of distraction and ‘productivity’ have stuffed,” says Lindy.

In her speaking and coaching, Lindy doesn’t shy away from telling the truth—neither about her difficult journey nor about what women need to address in their own journeys. Her talks and sessions help women learn how to be nice to themselves, and ultimately how to trust themselves. She shares the ah-ha moments and realizations that played an important part in accepting and celebrating herself. Identifying Alpha Female tendencies, Lindy provides tools that help women shed beliefs that squelch the spirit—finding a place of emotional stability, balance, and authenticity.

“As we learn to offer ourselves kindness and compassion, it naturally ripples out into our homes, our families, and our communities. Join me on the 500-Year Plan,” Lindy shares.