

**GUEST: LINDY LEWIS** - Author and Empowerment Speaker

**BIO:** Lindy founded her company to support and inspire women to live more authentically and to celebrate their Colors. She speaks at conferences, classrooms, and corporate meetings about blocks that keep you from ‘letting your color out’ and offers practical and very applicable ways to celebrate your YOUNiqueness. Her Color Coaching offers a creative approach to each client to remove blocks, limits and beliefs that no longer serve one’s self. Her books, coaching, and materials are guides for the Type A’s looking to live ‘on purpose’ as well as coloring up their lives and igniting their dreams.



“I want to help other women uncover the aspects of themselves that years of distraction and ‘productivity’ has stuffed,” says Lindy. ‘Encourage them to let go and come from more flow and fluidity - their place of Grace!’

Lindy’s catalytic energy is honest and very empowering no matter the journey. Clients learn to let go of competition and expectations, become aware of judgments, and through the 12-week program are empowered on many levels. Her goal is to capture their beautiful energy and shift it from the masculine - doing, fixing and controlling the outcome role - to the natural, nurturing feminine energy that celebrates and honors differences as well as giving perspective and permission to themselves. Ultimately she guides them to reconnect with their own intuition and to trust their knowing, as hard and scary as this can often be. In her book the Recovering Alpha Female, she shares the ah-ha’s and realizations that played an important part in accepting and celebrating herself as an individual. Identifying Alpha Female tendencies, Lindy provides tools that help women shed beliefs that squelch the spirit and ideally find a place of emotional stability, balance, and authenticity within themselves.

**THE BOOK: LINDY: RECOVERING ALPHA FEMALE**

Let your quirks become your colors. In the Recovering Alpha Female, Lindy Lewis recounts how her own life has been changed through a series of ah-ha moments.

Introducing the concept of the Recovering Alpha Female, Lindy illuminates her journey from a person bent on “doing” for all of the wrong reasons, to a person in touch with “being” for the right reasons; from a person immersed in measuring up to what “they think,” to one who listens more carefully to how “I feel;” from a person who doubted and even derogated non-Western beliefs, to a person who discovers that “woo-woo” is not necessarily “coo-coo.”

Lindy’s ah-ha moments might be seen as paradigm shifts in thinking that encourage the development of a more relaxed, self-aware, and enjoyable life. Readers will, at the very least, pause to think about and evaluate their own value systems and what they hold important in life.

## **TV/RADIO SEGMENT IDEAS:**

### **1. GO WITH YOUR GUT:**

Do you keep saying “I do” when your gut says “I don’t”? Do you have a ‘fairytale life’ and yet cry yourself to sleep? Is your heart whispering to you that you need change? Oftentimes your inner self knows you better than your conscious brain. Lindy can explain how you learn to hear that inner voice, why you should, and the process of starting to listen to it.

### **2. WHO ARE “THEY” ANYWAY:**

Everybody says that they know the right road to happiness or success. Do they? What makes them so special? Why do “They” get to dictate what you should do? When you surrender the need to be and do it all, the journey of unconditional self-acceptance can begin in earnest. Lindy has lived under the pressures “They” have put on her by telling her how to live, what’s ‘right’, and what ‘They’ say is best for you, and has discovered that asking who “They” is, is critical to uncovering your authentic self.

### **3. FIND SOMEONE AS NORMAL AS YOU:**

People come into our lives for “a reason, a season, or a lifetime.” Lindy recognizes that the quality of your close friends and family is far superior to the quantity, and challenges the concept of what it means to have ‘normal’ friends, choosing instead to have friends that are ‘weird’ in all the right ways. She will share some tips for identifying which friends are there for ‘a reason,’ ‘a season,’ or ‘a lifetime’ and why you should let go of relationships that have fallen away.

### **4. LET YOUR COLOR OUT / BECOME EMPOWERED WITH COLOR:**

Color has a huge impact on our everyday lives, and we usually don’t even recognize it. Lindy has created a line of products that women can wear that can help them express their authentic selves and will explain how and why it works. Including scarves, shawls, and rings, even a subtle reminder can empower you to shift your thinking.

### **5. GROUNDING AND MEDITATION / YOGA:**

Offering a below the shoulder workout!

### **6. WE NEVER KNOW THE REACH OF OUR RIPPLE:**

Lindy’s non-profit Underground Kindness seeks no less than to make the world a better place by expanding the knowledge and inner strength of the young people in the UK programs. As they grow and develop into their potential, their wisdom and compassion ripples out into their communities. The end result is more positive places to live and interact, as well as a new generation of self-reliant, forward-thinking leaders.

As audiences hear and adopt Lindy’s movement into Grace, they begin to use more gentle language and positive permissions that naturally ripple into all aspects of their lives. She validates your quirks assuring you that if you own them, not only is it liberating, but it makes you colorful the more you own them.