

LaShawn McCrary

HARNESsing THE POWER
OF SELF-LOVE TO
TRANSFORM RELATIONSHIPS



Speaker, Author, Love Coach

talks

Return to Self

Using personal anecdotes and foundational truths, this talk covers the three decisions women make in order to navigate through life and get themselves back.

I Am Not an Option

Inspired by real life events, this talk helps women who are single, dating and married speak their truth, love themselves unconditionally and acquire or re-establish happy, healthy relationships with themselves and the men in their lives.

Find Your Power - Reclaim Your Voice

Now is the time for all women to be heard. This talk helps women tap into their strength and power as they unmute themselves, speak unapologetically, release the past, forgive and move forward.

bio

LaShawn McCrary is a speaker, love coach, and author who teaches women how to harness the power of self-love to transform their relationships.




Her talks empower women to love themselves unconditionally, speak their truth, operate from courage instead of fear, and define what they want out of life and their relationships. As a result, they are able to evolve spiritually, personally, relationally, and professionally.

She's the author of *I Am Not an Option: A Woman's Guide to Self-Love and Relationships* and the creator of the YouTube vlog, *White Towel Messages*.

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conferences, seminars, workshops

