



INVITE VELLA TO SPEAK AT YOUR NEXT CONFERENCE, MEET UP,
OR CONSCIOUS CORPORATION EVENT

I'm Vella, a holistic health coach and mother.
I stand for those who mother by removing shame and stigma from the postpartum experience.

Serving women is the way I turned my pain into purpose. I used to think that being the strong one meant not asking for support. Because I was the one that supports others. The one that doesn't need help. The one that's got it together.

Now, I know better.

After experiencing postpartum depression - the dark before dawn - Evolve with Vella was birthed. And it's through this work that I coach and support those who mother back into health.

Together, let's remove the shame and stigma of the postpartum experience.



"Shervella's mind, heart and spirit are divine. She is transparent, understanding, a great listener with great communication skills. She's honest, but in a gentle way and non-judgmental. Shervella is someone you can trust and find comfort in. She is light and inspiration."

SARA R.

*"Shervella is AMAZING!
Very professional, honest, a great listener, patient and calming! I wish I could see and chat with her everyday."*

AMANDA W.

WORKSHOP TOPICS INCLUDE:

Self-Love and Self-Care
Sustainable Holistic Health
Postpartum for Mothers



SPEAKING TOPICS

5 SIMPLE WAYS TO BECOME A MORE MINDFUL MOTHER

In this talk, the audience will walk away with:

- Tips for creating meaningful social life after baby
- Understanding ways to honor your identity after giving birth
- Releasing mom guilt and thriving

LIVING FROM A SOUL LEVEL

In this talk, the audience will walk away with:

- Identify what's keeping you from a successful self care routine
- Tap into the language of the body
- Explore your beliefs around mindset

KICK YOUR SUGAR HABIT: 7 SOLUTIONS TO SUGAR CRAVINGS

In this talk, the audience will:

- Understand the science and the soul behind sugar cravings
- Uncover the 3 main fears people confront when quitting sugar
- Discover where your sugar habits come from through the Polarity of Food handout
- Learn actionable 7 solutions to quitting sugar cravings
- Connect the dots between your inner world and your physical cravings
- Clear strategies to lose weight without dieting

VELLA DELIVERS

VELLA'S APPROACH TO WORKSHOPS AND SPEAKING DELIVERS:

- An intimate setting, no matter the size of the audience
- Mindset shifts
- Lifestyle changes and how to approach them
- It's okay not to be okay, Motherhood 101
- Honoring our hunger and Fullness
- Honoring our yes and no

TOPICS VELLA CAN SPEAK ON:

holistic health, body positivity after giving birth, healthy relationships, boundary setting, meditation, managing motherhood, postpartum depression, and more.

INTIMATE Q&A SESSIONS AND WORKSHOPS

For groups that want to connect with Vella in a more intimate setting, Q&A sessions and/or Workshop settings are perfect.

Participants have a chance to ask personal questions, without the pressure of being seen by a large audience. Vella also can spend more time giving personalized feedback in these settings.

