

Charnae

INSPIRATIONAL SPEAKER | HOLISTIC WELLNESS COACH | BREATHWORK FACILITATOR

Based in Metro Detroit, Charnae Sanders is a strong advocate for supporting women on their wellness journeys. She is the founder of **Slower Pace Embrace LLC**, which she started to help women disrupt the cycle of neglecting their well-being and moving at a pace that doesn't honor their humanity. She was named one of the "2022 Speakers to Watch" by Global Speakers University and served as a feature speaker for the Dare to Rise Above Mediocrity Virtual Conference presented by Les Brown and Dr. Cheryl Wood.



SIGNATURE TALKS

- ▶ Resist the Rush: How to Slow Your Pace Without Falling Behind
- ▶ From Empty to Overflow: Practicing Self-Care on Your Own Terms
- ▶ Success On and Off-the-Job: What's Wellness Got to Do with It?

SIGNATURE WORKSHOPS

- ▶ Tailor Made: Designing A Holistic Wellness Practice for Your Lifestyle
- ▶ How to Move at A S.L.O.W.E.R. Pace in a Busy World
- ▶ Finding Joy Outside the Job

For more details regarding rates and booking Charnae, please fill out the form below.

[Speaking Request Form](#)

LET'S CONNECT

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Please feel free to contact me for any concerns or questions.