## 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.



- 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

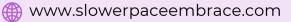


For more details regarding rates and booking Charnae, please fill out the form below.

Speaking Request Form

## LET'S CONNECT

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