

Lea LESTER



THERAPIST | SPEAKER | ADVOCATE

About me



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Lea is a licensed therapist, Certified Daring Way™ Facilitator, Yogi (pursuing RYT 200 certification), and entrepreneur. She primarily works with people and organizations by helping them navigate the pains, pressures, and changes of today's society.

Lea's takes pride in her talks and workshops being experiential for maximum engagement and impact. She tailors each event to build community, foster empathy, and empower self-agency while also meeting your organization's specific needs.

SPEAKING TOPICS

- Reimagining the Workplace: A New Normal
- Understanding the Stress Cycle with Self-Care
- Failure Needs a New Publicist: Changing our Relationship with the F Word
- Other Topics + Workshops by request

FEATURES INCLUDE

COSMOPOLITAN

**THRIVE
GLOBAL**

**THE
BrandCure
PODCAST**

gentler

“ TESTIMONIAL

Lea brings powerful insight and fierce love to every conversation and appearance. It was an honor to interview her, and witness her heart and compassion for her audience shining through in her words, her presence, and her stories. Any chance you have to hear her speak, you can be sure she'll create a beautiful space for self-reflection and deeper self-awareness to take root within you

Contact

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