

# Media kit



# LAKIA HOLMES

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## ABOUT ME

Bringing fertility awareness  
to the Black community.

# Lakia Holmes

Lakia Holmes is the senior producer of TNT Sports' Diversified Sports Content, an award-winning journalist, and a single mom. By choice.

After delaying her dream of becoming a mom to focus on her career, she decided at the age of 37 that it was time. When she learned her only chance to have a baby would be through IVF, she took the leap and started the journey of becoming a single mom by choice.

Lakia soon found herself navigating the world of infertility as a Black woman, confronting the challenges of finding a Black sperm donor, and facing how her choice would impact her career.

With the help of donor sperm, Lakia gave birth to her daughter, Isla, in May 2024.

Most recently featured on Progyny's "This is Infertility" podcast, Lakia is now using her platform and personal experiences to tell her story and bring fertility awareness to the Black community.

An avid baseball fan, you can often find Lakia cheering on the New York Mets and trying her best not to wake the baby.



# Speaker Topics

1

## **Delayed, Not Denied: A Journey to Single Motherhood by Choice**

Did you know approximately 2.7 million American women are single mothers by choice?

In this presentation, audiences will learn a powerful lesson about reproductive freedom and hear how one woman's infertility diagnosis inspired her to take control of her life and fulfill her dream of motherhood—as a single woman.

This transformative journey will inspire audiences affected by infertility and encourage them to explore assisted reproductive technology as a pathway to parenthood.

2

## **Bridging the Fertility Gap**

Did you know Black women are almost twice as likely as white women to suffer from infertility—but are half as likely to seek help for it?

In this presentation, audiences will get a crash course in fertility preservation—from egg freezing to IVF, the right questions to ask, what to be on the lookout for when trying to conceive, and where and how to start the journey.

This exciting talk will mobilize Black women to take control of their reproductive health and bridge the fertility gap.



# Speaker Topics cont.

3

## **Reproductive Reckoning: How the High Cost of Fertility Treatment Is Exposing Employer-Based Benefits**

Did you know an estimated 70% of people who pursue IVF go into debt?

In this presentation, audiences will learn how financial barriers impact people on their family-building journey and how advocates are pushing to make fertility treatment accessible and affordable for everyone.

This exciting talk will mobilize audiences to join the movement to expand insurance coverage for fertility care and highlight the options available to those in need of assisted reproductive technology.





Lakia Holmes (she/her) is a fertility advocate available for keynote presentations, media interviews, brand partnerships, and spokesperson opportunities. Join her in a compassionate and empowering conversation about the journey to motherhood that will inspire hope and provide support. Download Lakia's media kit, schedule an interview or meeting, or book her on your stage today!

## NOTABLE PRESS

Authority Magazine

"This is Infertility" podcast





# Get In Touch

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