

TOWANNA KAYE SHEPPARD



Transforming LIVES One Person at a Time

Towanna Sheppard is a Transformational Life and Mindset Coach, Certified with The BraveThinking Institute and the visionary founder of Royal Living, a coaching and personal development company that helps women of faith align purpose, mindset, and performance to create extraordinary results.

Drawing from over two decades of leadership, entrepreneurship, and transformational coaching, Towanna bridges spiritual principles with success psychology to help individuals and organizations unlock their full potential.

Towanna is an inspiring speaker, passionate educator, and a highly sought after transformational coach. Now combining this background with the proven Brave Thinking® technology, Towanna is helping clients achieve extraordinary results in accelerated time – helping them transform their lives and close the gap between the life they were living and a life they absolutely LOVE living.

Known for her engaging and actionable approach, Towanna offers content-rich, interactive workshops that takes participants on a journey in which they design, define, test, and experience a crystal-clear vision of the life they would love – a life that is in alignment with their highest purpose. They will have a unique opportunity to “step into” the life they are imagining and feel a resounding “yes!”



Speaker,
Transformational
Life
&
Mindset
Coach



Towanna's dynamic and tailored approach ensures that every audience walks away inspired, equipped, and ready to take action toward their goals.

Phone: 832-646-1092 • Email: Towanna@RoyalLivingAcademy.com
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A SPEAKING EXPERIENCE

Tailored Specifically for Your Audience

Just as there are no two people alike, there are no two organizations or companies who are exactly alike. Each has their own set of challenges, obstacles, and cultures that have been created. Towanna will create an experience uniquely tailored for your organization's specific goals, challenges, victories and setbacks.

During these interactive talks, the audience will participate in a number of exercises designed to give them clarity of what they want to achieve and how to start down the path to their dream life. They will leave with a sense of excitement, motivation and tools they can use now to achieve their goals.

Towanna's presentations can be tailored from 10 minutes up to a full day workshop. Click below to set up a call to explore the possibilities for your next event, and to download the Speaker Kit.

Whether it's a short 10-minute talk, a 'Lunch & Learn' training, motivating keynote speech or full day workshop – your group, organization, or company can be assured of an absolutely transformational experience with lasting results.

In Towanna's talks you'll discover...

- A proven process for clearly defining and envisioning your dream, so you know exactly what your dream life looks like, and can develop a plan for creating it..
- Exactly where your resistance lies – and how to dissolve it – so you can begin attracting greater abundance and creating better results, more quickly.
- What ultra-successful people do to achieve extraordinary results, and how to follow that same path to create unstoppable momentum in your own life.
- The number one factor that causes people to lose steam when they're pursuing a dream, and how to override it until you cross that finish line.



Before joining the Royal Living Dream Builder Program I longed for clarity of a long-term dream. This program helped me find that! Since completing the program, I have noticed changes in my life such as spiritual growth, clarity, and confidence. I had the two biggest months (financially) of my career shortly after completing the program. But more than the money, I think the confidence I have in myself and actually finding my calling has been the biggest change.

– Noelle Warner

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THE VISION WORKSHOP



With Towanna's engaging and interactive style, every session—whether a keynote, workshop, or training—is a powerful catalyst for success and transformation.



- Do you want to discover your true dream or purpose
- Would you like to eliminate fear, doubt, and worry and move toward your goals with confidence?
- Do you want to achieve greater results with less effort?

If these questions resonate with you, then you are going to love this seminar.

In 1853, Henry David Thoreau wrote a famous essay called "Walden," in which he included a hidden code for prosperous living. During this dynamic Vision workshop you will unlock this code so that you can harness your life's purpose and the prosperity you deserve!

You will learn:

- A 5-point test for determining whether your dream is right for you.
- Simple thinking-strategies that will guard you from fear, doubt and worry.
- What wealthy people do that creates sustained success.
- The number one factor that causes people to lose steam when going after a dream, and how to stay motivated and override it.
- A proven method for dissolving resistance you may have to prosperity so you can attract higher levels of results and abundance.
- The 1 critical thing you must give up in order to reach your dream or goal.
- And much more!

AV REQUIREMENTS



Towanna takes her commitment to your group quite seriously. She understands that you have invested a great deal of time, money and energy into your event, and would like to offer you some suggestions to make sure you receive the maximum return possible on your investment by receiving the best presentation possible.

Mics & Tables

- Towanna prefers a behind the ear mic when possible. Please make sure that the AV department has a back-up microphone available at all times. Our suggestion would be to have someone from your group assigned to the microphone system should any adjustments be needed for volume, bass, feedback, etc.
- Towanna uses PowerPoint during her presentation. She will need a projector with remote control and a cable to connect to her computer, and it should be within range of the stage.
- Please have water available for Towanna.
- Audio and/or video taping is available with PRIOR WRITTEN AUTHORIZATION. This includes any modification to the presentation. If the presentation is edited or cut in anyway for public use, Towanna must approve it before release.
- Please have a table available for Towanna's products and someone available to assist her during the day of her presentation.

Successful Meeting Tips

- Theater or classroom seating is preferable. We understand that when planning on or around a meal, this is not possible.
- If the event is in a hotel, for the benefit of your audience, and Towanna, please request from the hotel or auditorium management that the meeting room have no distracting noise from an adjoining room, such as a singing group, rock band, etc. during the time Towanna is presenting her keynote or seminar.
- It is difficult to build intimacy and rapport if your audience is still eating. Please instruct the banquet staff to clear up AFTER the speaker's presentation.
- When a photographer is present, please ask them to refrain from taking photos the first 15 minutes of the program. This can be distracting to the speaker and audience.
- Please make sure the room is well lit especially the staging area. People remember more and laugh more in bright rooms. Towanna prefers to see the faces of the audience. This allows her to see how they are responding to her presentation.



“ *Most people make promises with low outcomes, Towanna's coaching is unique and authentic, she delivers results big time.* ”

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