**Towanna Kaye Sheppard Professional Bio**

**Professional Profile**

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!”