



Live Your Best Life and Reach Your Highest Potential

Authentic Self-Awareness Strategies for Life Resiliency

Davina Lyons

Authenticity & Resiliency Coach

Master of Management

20 years of Corporate Leadership

Middle School English Language Arts Teacher

Founder / Facilitator of The Authentic ME! Community & Workshops for Women

"I and all the participants are grateful to you for your talk on authenticity and deep identity/vulnerability concepts. Thank you for being our first in person speaker in 18 months. You will always hold a special place in our chapter's history for that, but especially for your wisdom and heart."

~ 2021 ICF AZ Chapter President
Andrea Sholer

Davina knows what it is like to struggle, feel challenged, and desperate for change. Along her journey she found several key elements to finding, discovering, and elevating her life and authentic voice. Now Davina makes it her mission to help others uncover their authentic self and begin a path to living their best life and reaching their highest potential.

Story Ideas

- **Diversity, Inclusion, and Belonging** – How intrinsic biases work for or against us in our personal and professional life and how to manage them.
- **Psychological Safety** – How to drive stronger employee engagement and results by fostering trust, collaboration, and innovation across an organization.
- **Living Purposefully** – accelerate your results by creating a purpose driven life.
- **Motivation & Micro-Habits** – Strengthening and rewiring the brain to maximize your potential.
- **Belief Systems** – The positive and negative effects of what we believe about ourselves.
- **Personality & Relationships** – What makes people behave the way they do and how to enrich your relationships?
- **Power of Values** – How knowing your values shifts your thoughts, feelings, and actions into alignment.
- **Deep Identity** – How generational and historical trauma impacts family, community, and society?

Connect with me to learn about my latest offers or to join the **Authentic ME!** Community



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"Who were you before life taught you your limitations?" ~ Davina Lyons