

**MEDIA KIT**

**RENAI ELLISON**



**EMBRACE** *Life*

# Embrace Life Enterprises

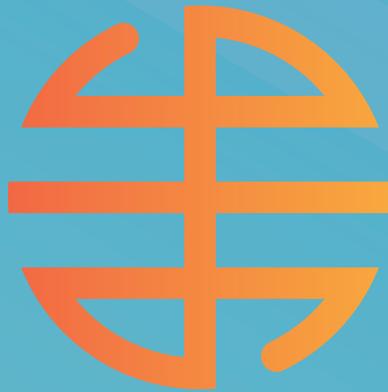
EMBRACE LIFE supports high-achieving and goal-oriented individuals who are struggling with a grain of discontent, to cultivate a life that is filled with passion and purpose. We assist you as you paint the picture of what you desire for your life. We are skilled listeners who hold a space for you as you unravel your personal and professional concerns.

This is accomplished by leveraging our **CARE** approach:

- Showing **Compassion** for yourself and others.
- Believing in an **Abundance** mentality where there is enough for all of us.
- Demonstrating **Resilience** to triumph over challenges.
- Expressing **Enthusiasm** for life and all that we have to offer the world.

# Mission

EMBRACE LIFE exists to provide coaching, training, consulting, and speaking services that supports high-achieving and goal oriented individuals who feel discontent, unfulfilled, and restless, to cultivate a personal and professional life filled with purpose and passion.



# Vision

EMBRACE LIFE will become a distinguished, highly-respected coaching, training, consulting, and speaking organization that positively impacts the personal and professional lives of those we serve.

# EMBRACE TRAINING



We provide training and development for individuals in the community and within organizations to adapt the behaviors, skills, knowledge, and attitudes that will inspire them to contribute effectively to their personal and organizational goals.

# EMBRACE COACHING



Work one-on-one with an EMBRACE LIFE Coach who provides a safe space for you to overcome obstacles, gain perspective, enhance your self-awareness, and clarify your personal and professional path.

# EMBRACE CONSULTING



We offer innovative business advice and guidance on various topics including organizational strategy, shifting culture, cultivating dynamic teams, anti-oppression, anti-racism, and Diversity, Equity, and Inclusion (DEI).

# EMBRACE SPEAKING



Renai is an award-winning speaker in the Toastmasters International organization and offers an array of keynote speech topics that focus on abandoning inauthenticity and embracing self-discovery, and the importance of building and cultivating relationships, community, and connection.

# Renai Ellison, Ed.D.

## Founder & CEO, Embrace Life Enterprises

Dr. Renai Ellison has discovered her passion in her profession as a Life & Leadership Coach, Consultant, Trainer, and Speaker.

After earning a certification as a Christian Life Coach from the Professional Christian Coaching & Counseling Academy (PCCCA), Renai graduated from the Institute for Professional Excellence in Coaching (iPEC) with a Life & Leadership coaching certification. She is credentialed as an International Coaching Federation (ICF) Professional Certified Coach (PCC) and currently supports emerging coaches as a Mentor Coach with iPEC.



While studying to become a Doctor of Education (Ed.D.) in Organizational Leadership, Renai's dissertation research focused on in-depth conversations with Black women ministry leaders. From this study, she uncovered the necessity among Black Christian women for community, connection, and relationship. These three needs are prioritized as the essence of Renai's work as she cultivates safe spaces for her clients.

Renai began her career as a model, television host, and actress after winning a contract with the prestigious Ford Modeling Agency in New York City



She is the author of her personal memoir and personal development book entitled, *From Fake to Phenomenal: 8 Secrets to Abandon Inauthenticity and Embrace Self-Discovery*

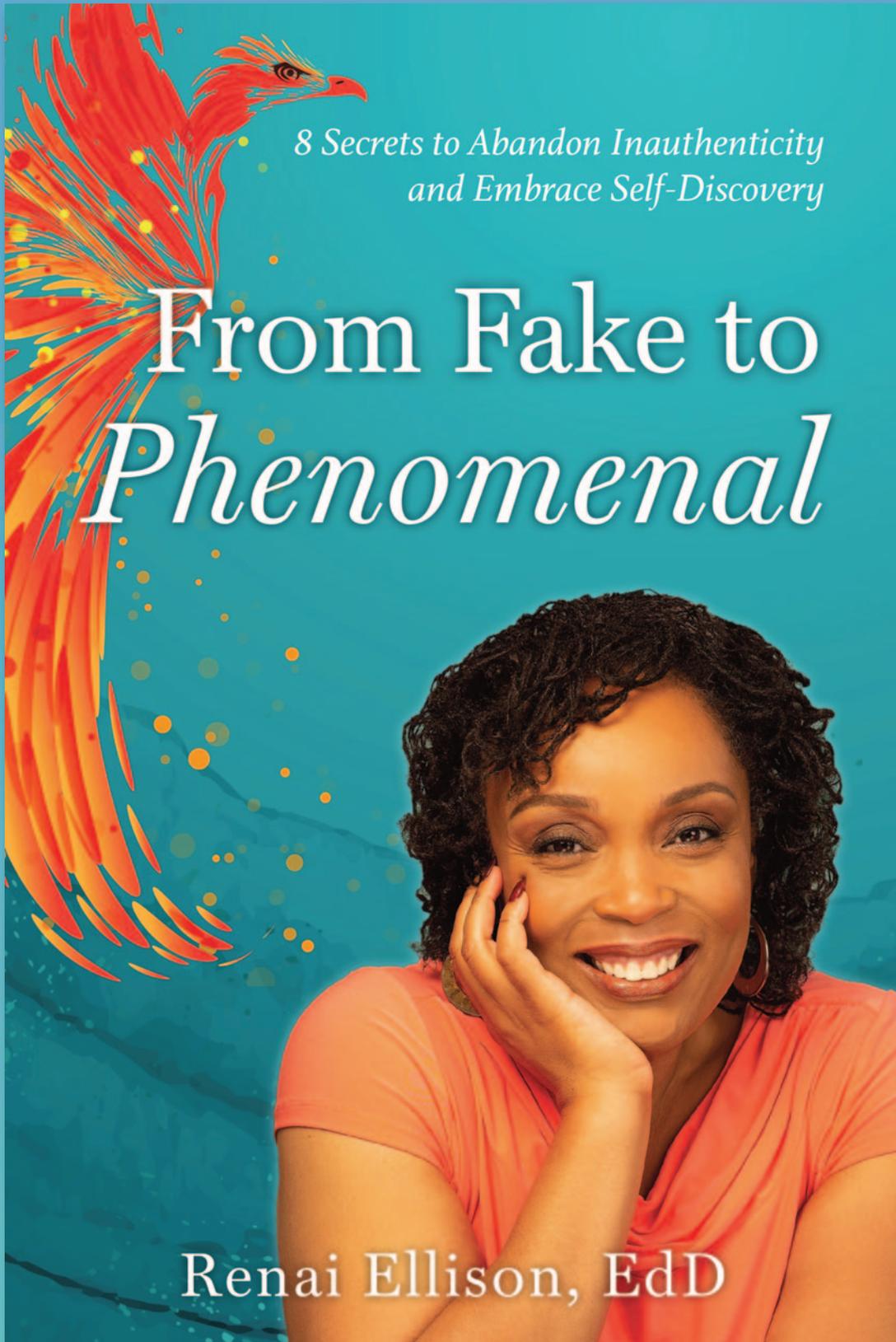
As an award-winning public speaker, Renai enthusiastically serves as a dedicated leader with Toastmasters International.

She also enjoys spending quality time with cherished friends

Most importantly, Renai prioritizes her role as a devoted daughter to her beloved mother, Maryan.



# Renai's Book



*8 Secrets to Abandon Inauthenticity  
and Embrace Self-Discovery*

## From Fake to *Phenomenal*

Renai Ellison, EdD

Available: August 2022

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