

WELLNESS GUIDE, M. AMBER SPIVEY

SIS, I'M HOLDING SPACE 4 YOU

As a dynamic and multifaceted woman you can find me engaged in an outdoor recreational activity, enjoying the beauty of nature or in a dainty dress sitting pretty at brunch. Dancing in a performance or mentoring women about mind-body connection and self-mastery. I am “all the things” and I love it here. My motto is “No Boxes Allowed!” You can’t put me in a box. It turns out the more adventurous and courageous I am, the more possibilities I discover! Kayaking has become one of my favorite past times as an adult and I’m thrilled to bring women together for intentional time to heal in community and be strengthened with collective wisdom.

As a black woman, I am actively pursuing wellness in all areas of my life, by engaging in activities that cultivate my mind, body, & spirit. Strengthening my relationship with God and walking by faith has allowed me to unlock my wildest dreams and heal self-limiting beliefs.

If this is your first time, then this event is for you. Yes, this is a time for connection but my hope is that this time together ignites a fire of curiosity and boldness in you, where forging new pathways, thinking outside of the box and walking by faith becomes your norm.



Artist & Entrepreneur

Join me for enlightening conversations, laughter and an empowering and adventurous experience. I am on a mission to create meaningful experiences that allow women to not only grow but flourish from the inside out.

I can't wait to meet you.

With love & purpose,
Amber

No shrinking back or playing small!