

AUTHOR • SPEAKER • ALIGNMENT COACH • RN

KONTINA VANESSA CLARK

Founder, The KOVAC Collective

Healing deeply. Thinking biblically. Living courageously.



THE MESSAGE

Helping women move beyond people-pleasing and survival mode into identity, healthy boundaries, and purposeful living.

MEET KONTINA

Kontina Vanessa Clark is an author, speaker, Alignment Coach, and registered nurse with more than 25 years of experience in healthcare. As founder of The KOVAC Collective, she blends honest storytelling, faith-grounded insight, and practical tools to help women reclaim their voice and move forward with intention.

IDEAL AUDIENCES

Faith & women's ministries

Conferences, retreats, church events

Professional women

Healthcare, corporate & leadership teams

Community & development

Nonprofits, colleges & empowerment events

THREE SIGNATURE TALKS

01 HEALING FROM THE GOOD GIRL MINDSET

Reclaiming identity, voice, and boundaries beyond the need for approval.

02 BEYOND SURVIVAL Becoming Who Your Next Season Requires

Navigating change, rediscovering direction, and living with purpose.

03 ALIGNED, NOT EXHAUSTED

Practical boundaries, self-leadership, and a sustainable pace for women carrying a lot.

PRESENTATION FORMATS

Keynotes • Workshops • Retreats • Panels

North Texas-based • In-person & virtual options

INVITE KONTINA TO SPEAK

thekovaccollective.com

Speaking inquiries and event details online