



Ledora  
Yerks-Bindlow

**INSPIRE  
and  
EMPOWER**

**Motivational Speaker, Author,  
Counselor, Coach, Clinical  
Sexologist, Facilitator & Podcast Host**

### FEATURED SPEAKING TOPICS

- ✓ Women Empowerment
- ✓ Wellness and Self-care
- ✓ Managing Anxiety and Stress
- ✓ Being Your Authentic Self
- ✓ Prioritizing Mental Health in the Workplace
- ✓ Self Awareness
- ✓ Healthy Relationships
- ✓ Why its important to love yourself
- ✓ Healing from Emotional Trauma

Ledora is a highly-rated motivational speaker, trainer, counselor, and consultant with 20+ years of experience as a women's coach, and professional development workshop facilitator. Ledora works with groups, individuals, and organizations to amplify their authenticity and empower them to become a better version of themselves worldwide. Ledora is also the host of Sexologist Speaks Podcast.

Her authentic presentation style allows audiences to connect quickly to concepts and enjoy learning about themselves and empower them to be the best version of themselves.



[motivatewellnesscenter.com](http://motivatewellnesscenter.com)



[motivatewellness.podia.com](http://motivatewellness.podia.com)



[healing-change.com](http://healing-change.com)



[firemeetsdesire.org](http://firemeetsdesire.org)

# COLLABORATION PACKAGES

## PACKAGE A: \$2,100

- Professional Keynote Speaking (up to 60 minutes)
- Social Media Feature

## PACKAGE B: \$3,000

- Half-Day Seminar
- Professional Keynote Speaking
- Social Media Feature

## PACKAGE C: \$5,000

- Full-Day Seminar
- Professional Keynote Speaking
- Blog & Social Media Feature



## CLIENT FEEDBACK

"Ledora is an amazing coach and a powerful source of support. Looking forward to having her on our future events."

*Nakia Henderson*

"One of the most amazing coaches I've worked with. Ledora is truly a gift and she remained supportive along the whole journey."

*Bridgette Santos, Ph.D*

# Get in Touch!

Please feel free to reach out for any questions.

✉ [info@motivatewellnesscenter.com](mailto:info@motivatewellnesscenter.com)

🌐 [www.motivatewellnesscenter.com](http://www.motivatewellnesscenter.com)

☎ (504) 276-5268

# MEDITATION FOR LETTING GO