



She Heels Her, She Heels the World



Greetings!

I am excited to announce that the 4th annual *She Heels Her, She Heels the World* women's conference is happening **October 23-26, 2026**, in **Richmond, VA!!**

This conference was created to bring women together in one powerful space where healing is intentional, growth is supported, and no woman feels alone in her journey. The goal of this experience is simple, to provide women with the tools, resources, conversations, and connections needed to grow from surviving to truly living.

More than 25 years ago, I began my own healing journey, and I know firsthand the difference having the right community around you can make. I was once the young woman who didn't see her value, didn't understand her worth, and honestly didn't prioritize herself. Because of that, I spent so many years in survival mode instead of embracing the fullness of life. This conference exists for women in every stage of healing. It is a safe, transparent, and empowering space where honest conversations happen, meaningful information is shared, and growth is welcomed without judgment.

Let me give you a brief introduction. I am Kanya Ford, known to most as Coach Kay. I am an active mother of five, a wife to one, serial entrepreneur, and most importantly, a loyal best friend to ME! I grew up during a time when many children were left to navigate life on their own. Mostly because many adults were doing the same! While I had an amazing mom, she, too, was doing the best she could while carrying her own burdens as a young, widowed single mother of two. I spent the most pivotal years of life in the early '90s, figuring things out as I went. That often came with making decisions rooted in frustration, pain and immaturity which shaped how I viewed myself and how I measured my worth.

Many years later, through motherhood, marriage, deep self-reflection, and intentional healing, I began to truly see Kanya. I began to recognize and take back the power that I was born with! I began to show up for myself on purpose and with purpose. The confidence I once only felt on Saturday night wearing my favorite pair of heels, became the confidence that I carried daily. I was healing from the inside out.

As a life coach and certified clinical sexologist, I work closely with women who are (re)building their inner strength. I have heard countless women speak about themselves as if they are unworthy of love, peace, joy, or even life itself. Hosting this conference is my way of interrupting that narrative and replacing it with hope, empowerment, and practical tools for transformation.

Now, I invite you to be part of this mission.

Your sponsorship and/or other forms of participation in the She Heels Her, She Heels the World Conference allows us to reach more women, provide essential resources, and create an unforgettable experience where every attendee is treated like the Queen she is. Your support helps fund our weekend festivities, conference bags, workshop materials and nourishing meals. More than that, your involvement demonstrates your commitment to uplifting women and supporting a mission that truly matters, which is to ***Heal the World, One Woman at a Time!***

Please take a moment to review the various ways you can support and partner with us for this transformative experience. We can't wait to welcome you.

Sincerely,

Kanya Ford

Kanya Ford, MS
Love & Intimacy 101, LLC
Sheheelsher.com

COACHING YOU THROUGH LIFE AND LOVE

Info@loveandintimacy101.com * 804-967-4551 * LoveandIntimacy101.com



She Heels Her, She Heels the World



Sponsorship Opportunities

Thigh High Sponsor (\$2500-\$5000) All Stiletto tier benefits plus:

- Acknowledged conference partner for the year
- Honorable mention throughout the conference (all breaks and planned announcements)
- Up to 10 full conference weekend tickets (\$2500 6 tickets, \$2501-\$3000 8 tickets, \$3501-\$5000 10 tickets)
- Program cover ad (\$2500 Table of contents page, \$2501 to \$3500 inside cover, \$3501 to \$5000 outside cover)

**Only five (3) sponsorships available*

Stiletto Sponsor (\$1,000)

- Name/logo on all promotional materials
- Full page program ad
- Name on conference website with back link
- Social media post
- Email blast
- Up to 30- minutes to speak during the conference
- Opportunity to add promotional materials to each conference bag
- Exhibit space during conference
- Four (4) full conference weekend tickets

Pumps Sponsor (\$750)

- Name/logo on all promotional materials
- ½ page program ad
- Name on conference website
- Social media post
- Mention during conference
- Exhibit space during conference
- Opportunity to add promotional materials to each conference bag
- Up to 15 minutes to speak during the conference
- Two (2) full conference weekend tickets

Kitten Heels Sponsor (\$500)

- Name/logo on all promotional materials
- ¼-page program ad
- Name on conference website
- Social media post
- Up to 10- minutes to speak during the conference
- Opportunity to add promotional materials to each conference bag
- Full conference weekend ticket

Breakfast Sponsor (\$500)

- Name/logo on all promotional materials
- ¼-page program ad
- Name on conference website
- Social media post
- Up to 10- minutes to speak during breakfast
- Opportunity to add promotional materials to each conference bag
- Full conference weekend ticket

**Only two (2) sponsorships available*

Lunch Sponsor (\$500)

- Name/logo on all promotional materials
- ¼-page program ad
- Name on conference website
- Social media post
- Up to 10- minutes to speak during lunch
- Opportunity to add promotional materials to each conference bag
- Full conference weekend ticket

**Only one (1) sponsorship available*

Social Hours/Mixer Sponsor (\$500)

- Name/logo on all promotional materials
- ¼-page program ad
- Name on conference website
- Social media post
- 15 minutes to talk during mixer
- Opportunity to add promotional materials to each conference bag
- Full conference weekend ticket

**Only one (1) sponsorship available*

Conference Program Sponsor

- 1/4-page program ad (\$75)
- 1/2-page program ad (\$125)
- Full page program ad (\$200)

Door Prize Sponsor (\$200+ value)

- Name/logo on promotional material
- Social media mention
- Program recognition
- Opportunity to add promotional materials to each conference bag



She Heels Her, She Heels the World



Thank you for your commitment to participate as a sponsor of the inaugural ***She Heels, She Heels the World*** conference! Please take a few moments to complete the form below. If you have additional questions or would like to create a customized sponsorship, please contact Coach Kay at Info@loveandintimacy101.com or 804-967-4551.

Sponsorship opportunity (Please select your choice)

- Corporate Sponsor (\$2500-\$5000)
- Stiletto Sponsor (\$1,000)
- Pumps Sponsor (\$750)
- Kitten Heels Sponsor (\$500)
- Breakfast Sponsor (\$500)
- Lunch Sponsor (\$500)
- Social Hour/Mixer Sponsor (\$500)
- Door Prize Sponsor (\$200+value)

Conference Program Sponsor (Advertising only)

- Full page (\$200)
- Half page (\$125)
- Quarter page (\$75)

Sponsor Information

Your name: _____

Organization name: _____

Contact person: _____

Organization address: _____

City, State, Zip: _____

Phone: _____

Website: _____

E-mail: _____

Preferred pay method: **Zelle** (804-967-4551) | **Invoice** | **PayPal** (Info@loveandintimacy101.com)

Cash App (\$101coachkay) | **Other certified funds**

To **mail** your form and certified funds payment, use the following address:
Kanya Ford, Love & Intimacy 101, LLC
7206 Hull Street Rd. Ste. 216
N. Chesterfield, VA 23235

Or **Email**: Info@loveandintimacy101.com

Please complete and submit this form no later than August 31, 2026



Exhibitor Opportunities

Thank you for your commitment to participate as an exhibitor at the inaugural *She Heels, She Heels the World* conference! Please take a few moments to complete the form below. If you have additional questions, please contact Coach Kay at Info@loveandintimacy101.com or 804-967-4551.

Exhibitor opportunity (Please select your choice)

- Short Heel - \$150** (Exhibitor table, social media story, and name/logo in program)
- Medium Heel - \$250** (Exhibitor table, social media post & stories, name/logo on promotional material & program, and full conference ticket)
- High Heel - \$350** (Exhibitor table, social media post & stories, email blast, name/logo on promotional material & program, and two (2) full conference tickets)

Exhibitor Information

Your name: _____

Organization name: _____

Contact person: _____

Organization address: _____

City, State, Zip: _____

Phone: _____

Website: _____

E-mail: _____

Preferred pay method: **Zelle** (804-967-4551) **Invoice** **PayPal** (Info@loveandintimacy101.com)

Cash App (\$101coachkay) **Other certified funds**

To **mail** your form and payment, use the following address:

Kanya Ford, Love & Intimacy 101, LLC
7206 Hull Street Rd. Ste. 216
N. Chesterfield, VA 23234
Or **Email:** Info@loveandintimacy101.com

Please complete and submit this form no later than August 31, 2026