

ReGina R. Smithwick

*Purpose Coach / Speaker / Certified Life Coach /
Author / TV & Podcast Host*

Introduction

ReGina R. Smithwick is an accomplished Purpose Coach dedicated to helping individuals discover and cultivate their God-given potential. A Certified Life Coach, dynamic speaker, and author, ReGina empowers people through her unique and impactful message. As the host of her own TV and podcast series, ReGina inspires audiences across platforms to embrace their true purpose. She has been featured on over 70 podcasts and talk shows.

Speaking Topics

- **Purpose:** Unlocking your God-given potential
- **Wring Out Your Sponge:** Overcoming mental blocks
- **Breakdown to Breakthrough:** Turning challenges into opportunities
- **Adoption:** Sharing her story and journey
- **Life Organization:** Mastering the art of balance

Awards & Recognitions

- I Have A Dream Award
- President's Volunteer Service Award (Presented by President Joe Biden)



Connect with ReGina



info@rsenterprises.life



www.rsenterprises.life



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