



## MEDIA KIT 2023

# Ebony HARDY

Founder | Author  
Coach | Advocate

Ebony Hardy is a mental health advocate and empowerment coach, with a focus on breaking generational curses, healing, and promoting overall well-being. As the founder of Healing Not Hurting, she is committed to fostering spiritual, mental, physical, and emotional healing within her organization. Ebony is a Generational Empowerment coach who aims to break the cycle of negative patterns and empower future generations. She has provided invaluable resources to individuals seeking to improve their overall well-being, including a 31-day challenge journal, 2 devotionals, and a book of poetry. Ebony's commitment to promoting healing and eliminating mental health stigmatization is a testament to her passion for improving the lives of others.



Daddy's Broken Girl



Blossoming Beyond Brokenness



Destined to Reign



Healing Not Hurting 31 Day Challenge

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# Healing NOT HURTING

Wellness is the new luxury!



## Speaking Topics:

- Breaking Free from the Chains of Generational Trauma
- How to Transform Pain into Purpose and Create a Life You Love
- Empowering Youth for Success: Building Resilient and Confident Leaders
- Transform Your Life: The Importance of Personal Growth and Development
- Healing the Wounds and Finding Closure and Moving Forward after Broken Relationships with Parents

## PROJECTS

### Healing Not Hurting

Healing not Hurting was established by Ebony Hardy to provide comprehensive resources and support for individuals seeking holistic approaches to improve their well-being. Ebony's personal journey of transforming pain into a purposeful mission motivated her to assist others in healing and overcoming obstacles associated with wellness. The organization offers online courses, workshops, and individual coaching to promote positivity and equip people with the necessary tools to prioritize their health. Ebony's commitment and personal experiences make her a prominent figure in the wellness industry, inspiring individuals to embrace the transformative power of holistic healing.

### Books

Ebony Hardy has written four books that focus on personal growth and transformation. "Healing Not Hurting 31-Day Challenge Holistic Wellness Workbook" is a transformative guide that takes readers on a holistic journey towards healing through reflection, ideation, and planning. "Blossoming Beyond Brokenness" is a devotional and journal that helps women and girls heal from the pain of a failed mother-daughter relationship through a combination of scripture, devotions, and journal prompts. "Destined to Reign" is an inspiring 31-day devotional designed for teens to embrace their identity as children of God and live a life of purpose and victory. Lastly, "Daddy's Broken Girl" is a powerful book crafted especially for every young girl and woman longing to heal from the pain of seeking a father's love. It is a collection of heart-warming poetry, uplifting affirmations, inspiring quotes, and much more that reminds girls and women that they can break free from the past and blossom into the beautiful and confident person they were meant to be, even without a father's love.

### Destined to Reign Program

The "Destined to Reign" program is an SEL-based initiative that focuses on empowering children in urban school settings. The program seeks to build strong children by instilling values of personal well-being, character building, and equipping participants with skills necessary for a fruitful life. The program emphasizes the importance of self-care, self-worth, resilience, emotional regulation, positive relationships, and forgiveness, among others. Conducted once per school year through the Healing not Hurting University, the program recognizes the importance of building strong children and preventing the need for mending broken adults.

### Generational Empowerment Coach

Ebony is a Generational Empowerment Coach who helps individuals break free from negative patterns in their family, heal from generational cycles and trauma, and create a new legacy for future generations. Her focus is on empowering clients to be healthy and whole, triumph over hurt, and develop the knowledge and expertise to break the cycle and heal wounds. With her experience and passion for generational empowerment, Ebony is committed to helping clients achieve success in their journey towards healing and empowerment.

## PAST FEATURES

VoyageATL

celeste  
the therapist  
podcast

THE SWIFT COLLABORATION  
Cherry  
Swift  
Sexp  
REALTY

VoyageMichigan