



Sara Lena

Wife | Mother | Published Author |
Femininity and Relationship Coach
for Modern Woman

SIGNATURE TOPICS

- ✓ Understanding & Harmonizing with Masculine Men
- ✓ Productive Communication Between Men & Women
- ✓ Respect Vs. Love
- ✓ Submission in Healthy Relationships
- ✓ Embracing a Feminine Role in your Relationship
- ✓ Return of the Masculine Black Man & Feminine Black Woman
- ✓ The Soft Co-Dependent Black Woman
- ✓ How to Succeed Like a Lady
- ✓ Confidence & Femininity After 30

Sara Lena is a trusted and highly-rated Professional Coach with 7+ years of experience mentoring, educating, and supporting women of all ages and backgrounds.

Sara Lena works with women individually and in groups to help with Confidence, Feminine Embodiment, Communication, Understanding Masculine Men, and much more. She partners with her husband, Amir, to facilitate Couples Coaching as well. Sara Lena has become known for bridging the gap between the sexes, and is the go-to Femininity and Relationship Coach for hundreds of women nationwide.

 40.9K

@Saralena89

 44.4K

Sara Lena

 66K

Sara Lena

COLLABORATION PACKAGES

PACKAGE A: \$350 - PLUS TRAVEL & LODGING EXPENSES

- Professional Keynote Speaking
(up to 90 minutes plus Q&A)
- Flyer Promotion on Social Media

PACKAGE B: \$600 - PLUS TRAVEL & LODGING EXPENSES

- Half-Day Seminar
(up to 4 hours)
- Professional Keynote Speaking
(up to 90 minutes plus Q&A)
- Interactive Session
- Informative Handouts for Event
Participants
- Social Media Feature

PACKAGE C: \$1,000 - PLUS TRAVEL AND LODGING EXPENSES

- 2-Day Conference
(Up to 6 hours per day)
- 2 Professional Keynote Talks
(up to 90 minutes each plus Q&A)
- Interactive Sessions
- Informative Handouts for Event
Participants
- 2 Social Media Features



Please feel free to reach
out for any questions.

CLIENT FEEDBACK

Sara Lena is very insightful and has the ability to connect with various women that are in different phases of their feminine journey. Since taking her courses my husband and I have experienced many positive changes in our relationship.

-Ondrea T

Sara Lena has tremendously helped me along my feminine journey. She is a phenomenal teacher and each of her sessions are packed with valuable information. It is evident that she is walking in her purpose and has a passion for helping other women.

-Latifah B

Sara Lena is very knowledgeable and speaks from first hand experience. I love how she even brings her husband in on some topics to get a primary male perspective and feedback on our topics as well. She does not just give the fluff, she provided tangible and tactile information to transform your life into the embodiment of a divine feminine woman. I am so thankful and grateful for the positive changes Sara's coaching has brought into my life.

-Taji B

I thoroughly enjoy coaching sessions with Mrs. Sara Lena, it is like having a Therapy session for Femininity. She gives practical tools that you can use everyday and handouts you can refer back to. She provides positive feedback and creates a space where you can be open and vulnerable on this feminine journey and not feel ashamed. I have learned so much already from her coaching sessions.

-Judy L

Sara Lena has a natural gift of knowing just what to say, how to say it, and when. She is truly the core of what it means to embrace femininity. Her workshops are fun, insightful & stimulating! She has been such a beneficial addition to my journey! Thanks Sara!♥

-Lashay M

Get in Touch!

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