

DR. LYNNECIA S. ELEY

The Confidence Doula™

Educator | Author | Speaker | Confidence Coach

**“Confidence isn’t performance.
Confidence is alignment.”**

WEBSITE

www.shecaninspire.com

EMAIL

hello@shecaninspire.com

PRESS

connect@tq-media.com

MEDIA KIT | 2026



ABOUT DR. LYNNECIA S. ELEY

Dr. Lynnecia S. Eley is an award-winning Assistant Dean, Adjunct Professor, best-selling author, and confidence coach whose work sits at the intersection of leadership, identity, and authentic confidence. Born and raised in Miami, Florida, and now based in the Washington, DC metro area, she is widely known as The Confidence Doula™ — a title that reflects her approach to walking alongside women as they find their footing, their voice, and their power.

Dr. Eley’s professional foundation spans more than a decade of higher education leadership at Georgetown University School of Continuing Studies, where she serves as Assistant Dean overseeing graduate programs in Analytics, Technology, Security, Applied Intelligence, Cybersecurity, IT Management, Project Management, Emergency and Disaster Management, and AI Management. She also teaches Ethics in Project Management as an Adjunct Professor, bringing frameworks of values, integrity, and ethical decision-making into the graduate classroom.

An entrepreneur since 2014, Dr. Eley launched what began as Inspire Me, LLC and evolved into Lynnecia S. Eley Coaching and Consulting LLC, operating as SheCanInspire (shecaninspire.com). She is also the co-founder of Two Queens Media, Soigné + Swank Magazine®, and Eta Rho Sigma Sorority, Inc., and in 2026 became the inaugural Vice President of the Board for Divine by Design Mentoring Co.

As an 8X author, her catalog spans confidence coaching, purpose-driven living, authorship strategy, leadership, and memoir. Her most recent release, *Full Circle: The Freedom in Finding Me Again* (January 2026), debuted to immediate national attention and reader response, ranking in the Midlife Self-Help category on Amazon. In 2025, she received an Honorary Doctorate in Christian Leadership and Business in recognition of her contributions to higher education, authorship, and women's empowerment.

She is a Certified DISC Personality Analyst, a Certified Master Coach, and a bestselling author whose educational credentials include a Bachelor's from the University of Phoenix and an Executive Master's from Georgetown University, along with numerous professional certificates including a Cornell University certificate in Women in Entrepreneurship.

Dr. Eley's mission is simple and unwavering: confidence that is grounded, real, and whole. Her work lives at the intersection of faith, identity, and leadership, and she shows up for women who are ready to grow without performing.

BRAND STORY AND TIMELINE

2014	Founded Inspire Me, LLC, the origin of a decade-long commitment to women's empowerment and confidence development.
2016	Transitioned brand to Lynne S. Eley Coaching and Consulting LLC; expanded services to include authorship coaching and leadership development.
2019	Launched SheCanInspire (d/b/a) as the public-facing brand; began teaching at Georgetown University as Adjunct Professor.
2021	Co-founded Two Queens Media and Eta Rho Sigma Sorority, Inc.; published multiple books; received Cornell University Women in Entrepreneurship certificate.
2022	Received Georgetown University SCS Dean's Service Award; deepened brand development and community programming.
2023	Keynoted the Empowering the Working Mom Breakfast in Southern Maryland; featured in Heart of Hollywood Magazine, CanvasRebel, and Medium.
2024 to 2025	Received the President's Lifetime Achievement Award; earned Honorary Doctorate in Christian Leadership and Business (October 2025); launched The Power Shift™ coaching program; co-authored <i>Becoming Unapologetic</i> .
2026	Published memoir <i>Full Circle: The Freedom in Finding Me Again</i> (January 27); debuted in Midlife

Self-Help on Amazon; became inaugural Vice President of the Board for Divine by Design Mentoring Co.; rebranded shecaninspire.com with updated coaching offerings and free confidence tools.

AREAS OF EXPERTISE

- Confidence Development and Identity Alignment
- Authentic Leadership for Women and Emerging Leaders
- Author Coaching and the Publishing Process
- Entrepreneurship and Personal Brand Development
- Purpose, Values, and Intentional Living
- DISC Personality Assessment and Behavioral Awareness

SIGNATURE FRAMEWORKS

BIRTH Framework™

Belief, Inspiration, Resilience, Tenacity, Habits; supports identity development, strengthens self-trust, and builds aligned daily practices.

BOLD Framework™

Bravery, Ownership, Leadership, Determination; activates voice, clarifies leadership style, and helps women stand firm in purpose.

AAA Framework™

Attachments, Adjustments, Affirmations; guides women through releasing what no longer serves, making aligned changes, and staying grounded.

SIGNATURE SPEAKING TOPICS

- Lead with Confidence That Feels Real, Not Performed
- The Power of Choosing Greatness, Unapologetically
- Full Circle: Finding Yourself on the Other Side of Sacrifice
- Birth with Purpose: Uncovering What Drives You
- BOLD Leadership: Standing Firm in Your Voice and Vision
- Confidently Rising to Your Next Level (Keynote)

Dr. Eley is available for keynotes, panel discussions, workshop facilitation, corporate training, university engagements, and faith-based events. For partnerships, collaborations, or speaking bookings, visit www.shecaninspire.com or email connect@tq-media.com.

IDEAL AUDIENCES

- Women's leadership organizations and professional associations
- Colleges and universities (student affairs, leadership programming, graduate education)
- Corporate diversity, equity, and inclusion events
- Entrepreneurship and small business conferences
- Faith-based communities and women's ministry events
- Author and writing communities

PUBLISHED WORKS

Full Circle: The Freedom in Finding Me Again	Memoir January 2026 Published under Two Queens Media Amazon Midlife Self-Help category Most personal and vulnerable work to date
The 3M's of Writing Your Book Toolkit	Authorship Strategy International Impact Book Award recipient Equips aspiring authors to bring their stories to life
Birth with Purpose: 5 Steps to Drive Your Passions and Fuel Your Purpose	Purpose and Personal Development First book Bestselling, foundational to the SheCanInspire brand
Coffee and Confidence	Confidence Coaching Available on Amazon and shecaninspire.com
Do What You Love... But Always with Confidence	Lined Journal Confidence Development Designed to support daily reflection and intentional growth
Becoming Unapologetic	2025 Collaborative Chapter: The Power of Choosing Greatness, based on the BIRTH Framework
Stuck Is Not Your Story: I Overcame and Am Victorious	Contributing Author Collaborative work on resilience and overcoming
The Brave Nina: Nasir Finds Confidence	Contributing Author Children's book

MEDIA APPEARANCES AND FEATURES

- CBS, featured media outlet
- International Association of Women (IAW), member recognition and feature
- Heart of Hollywood Magazine, Mompreneurs Feature (2023)
- CanvasRebel Magazine, entrepreneurship and confidence feature
- Medium, regular contributor at theconfidencedoula.medium.com
- The Latika Vines Show, guest appearance
- Flow Fridays, guest appearance

- Georgetown University SCS Mission in Motion, featured profile: Showing Up as Your True Self
- ABWIPPM and PMI Washington DC, Women's History Month Panel (March 2026)
- Multiple press releases distributed nationally over a decade of brand history

COFFEE AND CONFIDENCE CONVERSATIONS PODCAST

Hosted by Dr. Lynnecia S. Eley, Coffee and Confidence Conversations is a podcast where bold, grounded women gather to talk confidence, leadership, identity, and growth, one honest conversation at a time. Episodes are available on YouTube and Spotify.

YouTube

https://youtube.com/playlist?list=PLwEJkdgvj5aLT6Wo2l7mthv_rter0WJp9

Spotify

<https://open.spotify.com/show/7oiKzHzyTHzNYKLBYRjzng>

For interview requests, review copies, or press inquiries, contact Dr. Trenice J. Brinkley, Two Queens Media at connect@tq-media.com.

AWARDS AND RECOGNITION

- Honorary Doctorate in Christian Leadership and Business (October 2025)
- President's Lifetime Achievement Award, in recognition of volunteer service to women and girls in leadership (2023)
- Georgetown University SCS Dean's Service Award (2022)
- International Impact Book Award, The 3M's of Writing Your Book Toolkit
- Amazon Bestselling Author, multiple titles

PLATFORMS AND VENTURES

SheCanInspire (d/b/a)

Leadership and confidence development brand; flagship coaching, content, and community hub at www.shecaninspire.com

Two Queens Media

Boutique publishing and media imprint; press and publishing support for women authors

Soigné + Swank Magazine®

Black excellence publication celebrating culture, community, and leadership in business and education

Eta Rho Sigma Sorority, Inc.

National sorority co-founded to expand leadership opportunities and representation for women

Divine by Design Mentoring Co.

Inaugural Vice President of the Board (2026); nonprofit organization dedicated to mentoring and empowering the next generation of women leaders

HOW TO WORK WITH DR. ELEY

The Power Shift™

Signature 6-month private coaching program for ambitious women ready to rebuild belief, deepen identity, and lead with authentic power. Apply at shecaninspire.com.

Empower30 Session

Focused 30-minute reset for clarity, direction, and confidence support | \$47

Confidence and Clarity Session

Deep-dive coaching session | \$247

Author Strategy Hour

Dedicated session for aspiring and emerging authors | \$197

Speaking and Partnerships

Keynotes, panels, workshops, corporate training, university engagements; visit shecaninspire.com/contact

CONNECT WITH DR. ELEY

Website

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Email

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LinkedIn

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Medium

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