



LAVONNE AYOUB

With a background in Christian spirituality and a career spanning two decades in health and wellness modalities, Lavonne is known for her calm and powerful teachings that transform lives with a message of encouragement that focuses on living life with authenticity and joy. Her mission is to help others transform and experience wholeness from the inside out and provides practical insights and wisdom on healing the heart and living a life of fulfillment and satisfaction while remaining unshaken by the circumstances of life. Informed by the Christian Tradition, her teachings focus on healing the whole person and helping others learn how to know themselves, love themselves, and live a life without fear of the future while remaining grounded in the person of Christ as a woman of God— fully feminine and fully human.

Media Kit

Motivational Speaker
& Encourager of Women
www.lavonneayoub.com/about

LAVONNE AYOUB

Christian Speaker and Encourager

Lavonne is available to speak at church events, women's retreats and ministry events, community events, and business professional groups. She will motivate, inspire, and educate your audience to live a fulfilling and successful life, meeting them where they are while encouraging them to become the best version of themselves in life's journey.

With a message of positivity, encouragement, and hope, she loves engaging with people face to face about the essential ideas of living life well through cultivating the virtues, nurturing a healthy mindset, and living in the present moment to experience God's love as a reality for growth and healing.



Speaking Topics

- ✓ *The Power of You - Living a uniquely authentic life embracing yourself as God created you to be.*
- ✓ *The Life Within - our thoughts determine our life. Developing a Christ-centered unified mindset for a peaceful, fulfilling life.*
- ✓ *Become a Healing Presence. The God who heals - heals through you. Created in His image and taking on His likeness, we can become a healing presence through receiving and participating in the love of God first in ourselves and then in our communities.*

ADDITIONAL TOPICS

Dynamic Stillness - Stepping into Courage. A Teaching and practice in contemplative meditation to live a life without fear.

Faith-Based Temperament Analysis - Using the gift of temperament to help people better understand themselves and who God created them to be.

*The Healing Power of Touch
through massage and bodywork (Family Addition)*

*Massage Mastery - Total Body Flow Massage® method
(Professional Addition)*

Lavonne Ayoub is a wife, mother, author, and speaker. She is an avid fan of trail running, music, good food, travel, and the company of good friends.

Her passion in life is to help people become the best version of themselves through personal development and awakening the dream within. Having been raised as a Pastor's daughter, her entire adult life has been focused on spiritual studies and bringing healing to women through Christian ministry. She also has over 15 years of experience as a successful business owner and coach in health and wellness. Lavonne now works from home and lives with her husband in Northwest Idaho. She is a writer and speaker on relational, spiritual, and personal growth.



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I look forward to
connecting with you!

