

ALL THINGS

ARE POSSIBLE

FOR THOSE THAT BELIEVE



Bridgette Lewis

AUTHOR.

MEDIA PERSONALITY

BOUNCE BACK COACH

INTERNATIONAL SPEAKER

About



“Shifting Your Perspective To Change Your Mindset ”

At the tender age of twenty-three I was in love with a man I thought I would spend the rest of my life with. My future husband pursued me restlessly, I blindly believed my marriage was based on love, mutual respect, and trust. It was all smoke and mirrors I married the wrong Man. I was naïve with no street smarts I thought if a Man gave his word that was like money in the bank. I have learned much about the wrong kinds of relationships I have had a few. I know firsthand what it feels like to be in a toxic dysfunctional relationship and marriage.

My life plan was not clearly defined, and I did not know who I was yet or who I would become. The Man I thought I was marrying turned out to be an imposter. I married a cocaine selling drug dealer. Blinded-sided by his charm and polished demeanor my marriage was filled with lies, deceit and broken promises. Homeless and broken Bridgette has faced insurmountable challenges and setbacks. Losing everything and rebuilding her life from the ground up she knows how to get you back on the road to recovery.

Bridgette’s get back-up fighting spirit would never let her quit. A published Author, mentor, hope restoring transformational Speaker, and Bounce back Coach. Bridgette has a global mandate and mission to teach, equip and empower Women to fight for their destiny while encouraging them to get back-up from life’s unexpected challenges, set-backs, curve balls, and detours. “I teach Women how to rebuild and recover.

I help each Women craft a new blueprint for her life based on the current situation as she gains confidence and clarity. I share tools and a personal (Plan of Action) I share the exact steps I used to bounce back, emotionally, financially, mentally, and physically. Together let’s take this journey you don’t have to do it alone.

135
PODCASTS

65
STAGES

40
CITIES

speaker

One word describes Bridgette's talks their riveting. It's not often we see the entire room pay full attention to a speaker and they are moved as she transports them to pivotal moments in her life stories. You'll see yourself in her stories, she makes you laugh, cry and leaves you with a refreshing outlook on life with action steps you can use immediately.

Topics

- ◆ Crossroads
- ◆ It's time to forgive
- ◆ Hitting Rock Bottom
- ◆ Follow Your Intuition
- ◆ Nothing Can Stop You
- ◆ Shifting Your Perspective
- ◆ Bouncing back After A Setback
- ◆ When Life Interruptions Become Opportunities
- ◆ What Are You Going To Do With The Life You Have Left?



Just A Few Of My Clients...



Author

What if you knew, in the core of your soul, that you were about to embark on a journey that would mark the moment where you finally stepped up and made the difference you were born to make by writing your book?

What if getting your book written was the beginning of the next stage of your life? The season when you embraced the hard-won lessons you had learned and brought hope and healing to the world?

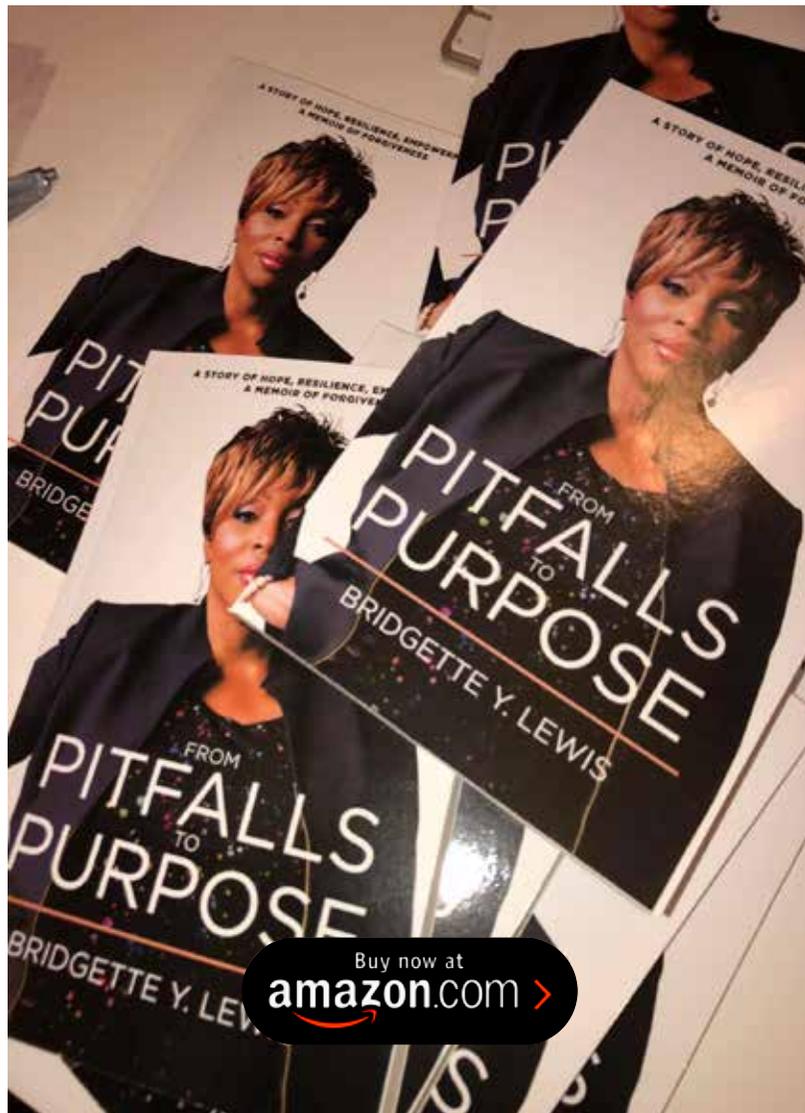
"From Pitfalls to Purpose" was written with a message of hope, healing, and transformation. It is about self-love, shifting your mindset, and detoxing your life while making right choices and reclaiming your power.

*I wrote it for the Women who finds herself in a repeated cycle of unhealthy or toxic relationships.

*I wrote it for the Women who see's the red flags in her marriage but doesn't trust her intuition enough to walk away.

* I wrote it for the Women who is tired of hiding behind her mask acting as if everything is ok when everything is spiraling out of control

*I wrote it for the Women who doesn't know how truly beautiful she is on the inside.





The Bounce Back Podcast

Bounce Back definition: Overcome, Rebound, or Recover Returning Quickly To a Normal Condition After a Difficult Situation or Event.

Listen to The Bounce Back Podcast
www.blogtalkradio.com/thebouncebackpodcast

15k

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The **Bounce Back** Coach

If you are ready to grow, develop and build your resiliency muscle. The bounce back podcast is your one stop shop, for information, practical tools, on overcoming the obstacles in your life.

Connect

BOOK BRIDGETTE TODAY!

The Bounce Back Coach

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