



# Alisha Small

Motivational Speaker, Life Coach,  
Facilitator & Entrepreneur

Alisha is a phenomenal motivational speaker with 6+ years of experience as an entrepreneur, life coach, and group facilitator. Alisha partners with groups, individuals, and organizations to teach them how to use self-care intentionally as a way to balance the duties of everyday life whilst ensuring their needs are being actively met to become healthier versions of themselves. Alisha is also a mentor to at-risk teenage girls and an avid mental health advocate.

## SIGNATURE TOPICS

- ✓ Wellness and Self Care
- ✓ Women Empowerment
- ✓ Strengthening Confidence and Self-Awareness
- ✓ Being Your Authentic Self
- ✓ Mental Health Issues



@AlishaSmall\_



@AlishaSmall84



@Alisha-Small-84

## CLIENT TESTIMONIAL

"Alisha was very open, transparent and kind. She displayed her truth which allowed us to tap into ours. Left the session feeling motivated and seen. I now know I deserve whatever it is I seek."

-Damali J

Alisha Small is a lovely and genuine mental health coach, and it was wonderful having her at our 2022 Staff Retreat at I'RAISE! She is very interactive, and knows how to create a safe space for others to speak.

-D.Sherpa

## CLIENT TESTIMONIAL

"Yes, Alisha is great! She is not afraid to share why she needed self care and lets you know that you need it too! After the first workshop I felt relaxed and that I can be selfish without it being bad. I felt as though I should be selfish and focus on myself. I also learned that "No" is a sentence and I am allowed to say it".

- S Cheakalos

"This was a wonderful workshop and it helped me hone in on more ways to care for myself. Loved it!"

-L Staple

# Stay In

Please feel free to reach out for any questions.

# Touch!

 [alishasmall31@gmail.com](mailto:alishasmall31@gmail.com)

 240-5594790