



Alisha Small

Motivational Speaker, Life Coach,
Facilitator & Entrepreneur

SIGNATURE TOPICS

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.

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



@AlishaSmall84



@Alisha-Small-84

CLIENT TESTIMONAL

"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 TESTIMONAL

"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!

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