

# Meet Bridgette Lewis



**The Bounce Back Coach**

Born in Houston Texas living in Los Angeles, Bridgette Lewis is President and Founder of CoffeeTalk Jazz. A true multi-hyphenate businesswoman, content creator, author, a sought-after transformational speaker and executive producer for radio and television.

Bridgette's dream began in 2007 her company idea sketched on the back of a napkin while sitting in her bedroom during one of the lowest moments in her life. Her Mother was in crisis she suffered a life-threatening aneurysm. Dealing with her mother's illness was incredibly stressful Bridgette was trying to cope she turned to music. It would serve as the anchor she needed and CoffeeTalk Jazz was born.

## Speaker Topics

- ◆ Write Your Vision
- ◆ Facing of Adversity
- ◆ The Power of A Dream
- ◆ Standing At A Crossroads
- ◆ Bouncing Back After a Setback
- ◆ Don't Be Afraid To Leave Your Comfort Zone
- ◆ When Life Interruptions Become Opportunities

***"All Things Are Possible For Those That Believe." - Bridgette Lewis***

CoffeeTalk is the number one top rated jazz podcast, interviewing indie artists, icons, and music legends. In 2013 CoffeeTalk Jazz Magazine was another part of the dream fulfilled and the rest is history. Through every, challenge, obstacle and roadblock Bridgette developed a mental toughness and inner resolve to never quit when life got tough. As a business coach and mentor Bridgette specializes in helping Women change the course of their lives move into purpose, past life disruptions, conquer fear and find hope.

Traveling the country, sharing her story of resilience, empowering, others to never give up when faced with adversity. Her story inspires others to move beyond their present circumstances. Bridgette, used her corporate background and gift of communications to create and build a preeminent integrated marketing and communications agency in global entertainment representing more than 125 of the most prominent and influential musicians, producers, and instrumentalist, promoting their music to the right audiences.

I have authored two books "From Pitfalls to Purpose" and "The Bounce back" six simple steps to develop resilience while rebuilding restoring your mind, body, and spirit. My books teach Men and Women how to rebuild recover and bounce back. I thank God for using my life as living proof that it is possible to recover from a family crisis, a failed marriage, sexual assault, and homelessness.

## **Connect with Bridgette**

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