

TEACHIA TURRENTINE

COACH | AUTHOR | SPEAKER





BIO

Teachia Turrentine is a high-spirited advocate dedicated to helping women develop their mindsets, to create the lives they desire to live.

THE MOVEMENT

Teachia founded BeaUtifully Mended in 2013 as a source of empowerment, healing, and community for women. Through Beautifully Mended, Teachia uses real-life experiences and triumphs over trauma and limiting beliefs, as a platform to help women overcome opposition and pursue purpose. On behalf of Beautifully Mended, Teachia has hosted numerous events, built communities, written two books, and ultimately helped transform the lives of women over the past 9 years.

DEVELOPMENTAL BACKGROUND

Teachia Turrentine holds a Bachelor's degree in English and Communication Arts, certificate in Technical and Professional Communications, and is a certified life coach.

EMPOWERMENT COACH & SPEAKER

Navigating through the world as a woman can be difficult and often presents much opposition, which Teachia understands firsthand. Experiencing a traumatic upbringing and trying to make sense of life with all the pressures, disappointments, and heartaches, is what led Teachia to the place of wanting to help women avoid the pitfalls that she so often succumb to earlier in life. With this goal in mind, Teachia has had the opportunity to host numerous workshops and empowering events to help women tap into the power of identity, self-love, and positive thinking. Additionally, she has been sought after to speak at various women's events, addressing the above topics in some capacity.

AUTHOR

In 2018, Teachia published her first book, *From Badly Broken, to Beautifully Mended*, a memoir of her life. In 2020, she published her second book *Colored*, an adult story/coloring book that details the stories of 6 black women who have overcome opposition.



SPEAKING & COACHING EXPERIENCE

- What's Your Network?
- Keynote Speaker: Flagship Charter Academy Graduation
- The "I AM" Experience
- Grit, Glam, & Guts: Going Against The Grain
- Who I Choose to Be
- Lit Life
- The SHed
- United Conference for Women/GLOW: You've Got a Daddy - 2018
- United Conference for Women: I Almost Gave up on God... but I Didn't! - 2019
- Choice Challenge
- MINDing MINE
- Book Release: *From Badly Broken, to Beautifully Mended*





PRIMARY SPEAKING & COACHING TOPICS

MINDing MINE: Practicing the Power of Positive Thinking

Quite often, when we speak of our greatest struggles, we point to external issues; however, after connecting with numerous women and taking time to reflect on her own life, Teachia found that the source of these external issues begins in our minds. After realizing this, she embarked on her own journey of healing and mindfulness. Now she's made it her mission to help other women do the same.

Popular Speaking/Coaching Points:

- Mindset Breakdown (What is it/Why It's Important)
- 3 Guiding Principles to Positive Thinking
- Reactive vs Proactive Thinking
- Mindset Practices to Kick-start Change

The SHEd: Letting Go and Moving Forward

"Letting go" is an intentional process, orchestrated by God... one that is inevitable. Though it may sometimes hurt, we don't have to avoid it or dread it, but we can embrace it, knowing we'll have the need to let go at different times in our lives. It is vital for us to embrace the reality that there will always be times of change, where we need to let go of certain things to be productive in life.

Popular Speaking/Coaching Points:

- What is shedding
- What happens during the process of shedding
- What happens if we don't let go
- What impact does letting go have on our present and future

Lit Life: Uncovering and Conquering Fears to Live an Empowered Life

To overcome fear, we must pinpoint why fear exists in the first place. Once we understand the root cause of the fear, we can then take the steps necessary to conquer it and live our best lives. Knowing this, Teachia has hosted workshops and spoken at events addressing the issue of fear and will continue to help women break free.

Popular Speaking/Coaching Points:

- Defining fear
- What fear often looks like
- Examining superficial fear and root causes
- How to kick fear and live in purpose

SPECS

TITLE: From Badly Broken, To Beautifully Mended (FBBTBM): A Journey From Neglect, Disappointment, and Pain, To Healing, Self-Love, and Purpose

AUTHOR: Teachia Turrentine

GENRE: Memoir

FORMAT: Paperback, Ebook

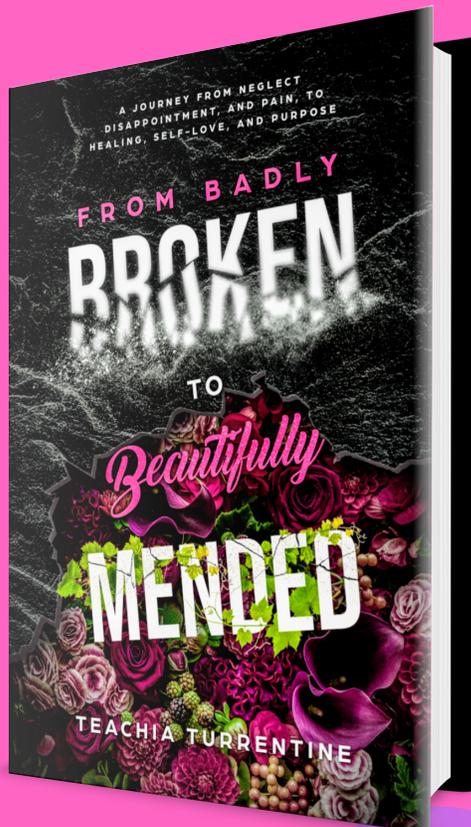
PUBLICATION DATE: August 7, 2018

ISBN: 978-0692165706

NUMBER OF PAGES: 404

FIND BOOK AT: AMAZON, KINDLE

RETAIL PRICE: \$20.00



From Badly Broken, to Beautifully Mended

FBBTBM

DESCRIPTION

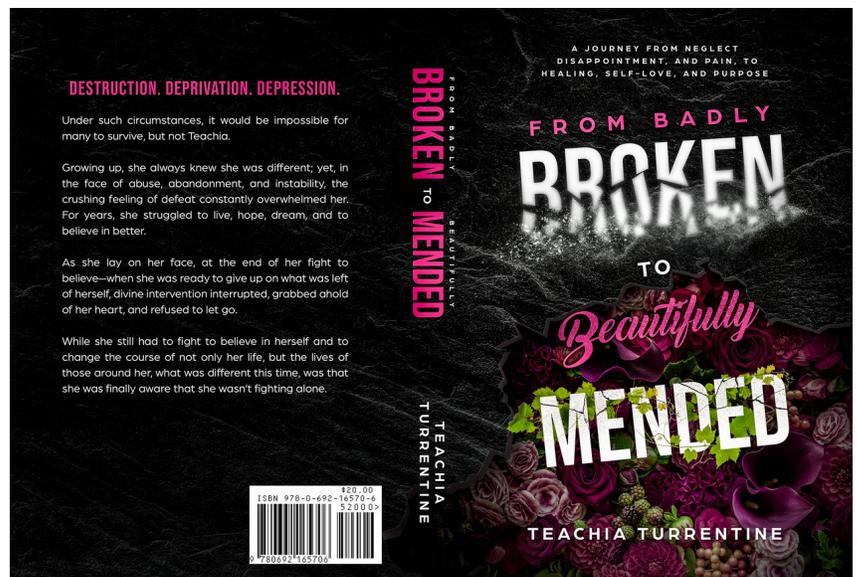
Destruction. Deprivation. Depression.

Under such circumstances, it would be impossible for many to survive, but not Teachia.

Growing up, she always knew she was different; yet, in the face of abuse, abandonment, and instability, the crushing feeling of defeat constantly overwhelmed her. For years, she struggled to live, hope, dream, and to believe in better.

As she lay on her face, at the end of her fight to believe—when she was ready to give up on what was left of herself, divine intervention interrupted, grabbed ahold of her heart, and refused to let go.

While she still had to fight to believe in herself and to change the course of not only her life, but the lives of those around her, what was different this time, was that she was finally aware that she wasn't fighting alone.



FROM BADLY BEAUTIFULLY
BROKEN TO MENDED

TEACHIA
TURRANTINE



READER REVIEWS

"Your descriptions are very clear and profound. I really like how you transition from telling the story of your past to reflecting on it now. Everything is very smooth sailing and your word choice is incredible." -**Alexus Sims**

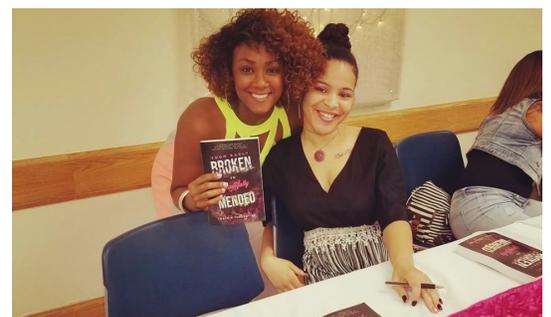
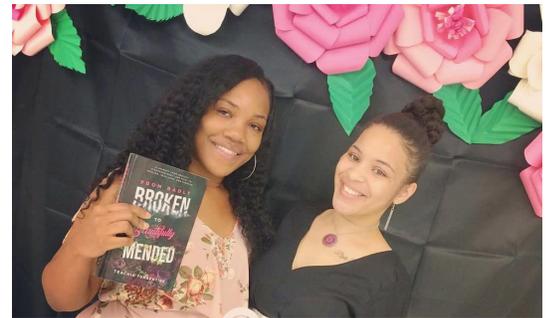
"I couldn't find a thing wrong in the there. I'm an avid book reader and I love how the very first two pages had action! Pulled me in instantly. I loved every way your moments/memories where described from start to finish!" -**Ariel Griggs**

"The book is one that captures attention and keeps you wanting more." -**Shontae Stringfellow**

"It was a GREAT read. My feelings was hurt when I came to the end it left me wanting to read more lol. I LOVE your attention to detail and describing all events." -**Caira Dillard**

"What I loved the most is the tone in your character. I can literally paint a picture with all your well-written descriptions. The book is moving along well. After two chapters, so much has happened. I'm so excited to purchase the entire novel. I'm almost sure that I will read it in one sitting." -**Leah**

"Wow, I absolutely loved it and want more! This was so good and caught my attention from the jump. I read nonstop and when I reached the end I actually was disappointed because I want more." -**Johnai Carroll**



SPECS

TITLE: *Colored: An Illustrated Storybook with Colored Women and Their Colorful Experiences of Overcoming Opposition*

AUTHOR: Teachia Turrentine

GENRE: Literary Fiction

FORMAT: Paperback

PUBLICATION DATE: July 31, 2020

ISBN: 978-1-7355129-0-7

NUMBER OF PAGES: 34

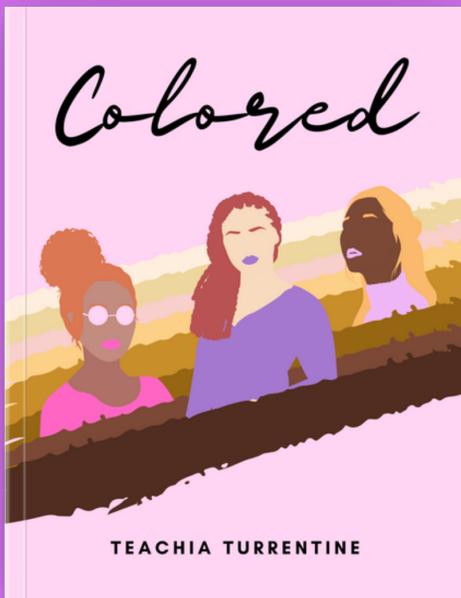
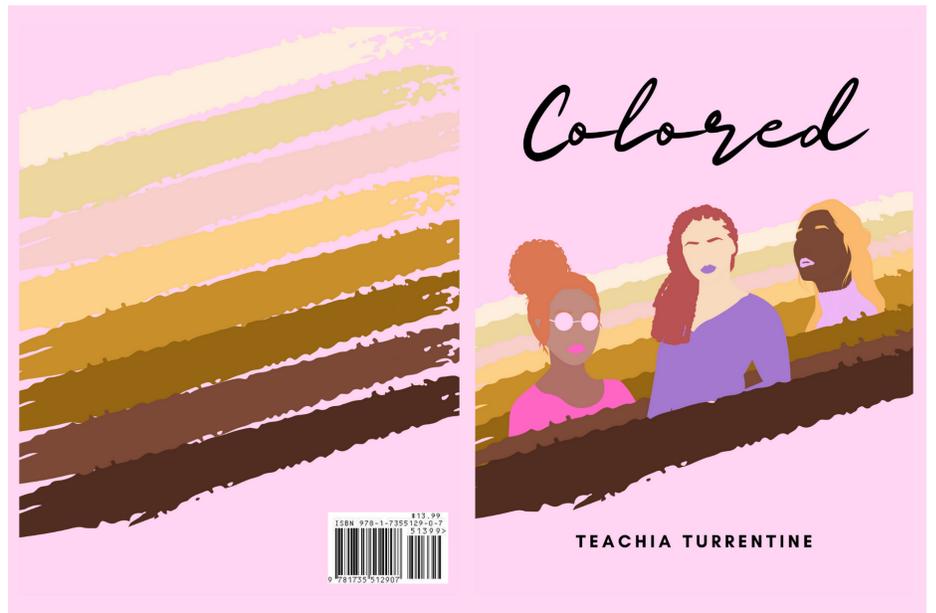
FIND BOOK AT: AMAZON, teachiaturrentine.com

RETAIL PRICE: \$13.99

COLORED

DESCRIPTION

Colored is an adult story/coloring book that tells the stories of 6 black women, who have experienced hardships stemming from a history and narrative of oppression. Despite these hardships, the stories of these women also sing a song of the relentless conquering of every obstacle meant to keep them bound in the trenches of inferiority, dissatisfaction, and disharmony.



BOOK TEACHIA

*Thank you for
considering Teachia for
your next women's event.*



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[facebook.com/BeaUtifullyMended](https://www.facebook.com/BeaUtifullyMended)



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