

LYF MATTERS

PODCAST



HEALING
EMPOWERMENT
PERSONAL GROWTH

KEYONNA
MONROE

#LOVEYOUFIRST

SEASON 2
2024



LYF Matters Podcast: Healing communities through individuals by rewriting narratives and unlearning conditioned programming of unworthiness.

The LYF Matters Podcast is a powerful and transformative podcast dedicated to the journey of personal development, mental/emotional health, and wellness. This illuminating platform is led by a remarkable survivor of sexual assault and domestic violence, who rose from the ashes of a poverty in South Central LA to become an advocate for healing and growth.

Our courageous host uses her deeply personal experiences to connect with listeners, bringing a raw and relatable perspective to the table. Through her journey, she discovered the transformative power of Neuro-Linguistic Programming (NLP) and emotional intelligence, tools that she used to shift her mindset and unlearn the limited belief systems that were products of her traumatic past.

"LYF Matters Podcast" is a beacon of hope for marginalized communities, and a source of informative awareness/enlightenment for all others. Each episode explores the ways in which societal conditioning and different forms of trauma can shape our behaviors, our perceptions, and our lives. But more than this, it provides practical, accessible tools to help listeners unlearn harmful habits due to negative/limited belief systems and rewrite their narratives.

The podcast delves into the science of NLP, explaining how our language and thought patterns can influence our behaviors and emotions. It also explores the concept of emotional intelligence, teaching listeners how to better understand and manage their emotions, and to foster empathy and connection with others.

But "LYF Matters" isn't just about education—it's about empowerment. Our host creates a safe space of vulnerability as she shares her personal journey with unflinching honesty and transparency, demonstrating that it's possible to rise above even the most challenging circumstances. Her story serves as an inspiration to listeners, showing them that they too can rewrite their narratives as they rediscover themselves on their LYF journey.

"LYF Matters" is a landmark in the podcast landscape, a platform that combines personal narrative, psychological insight, and practical guidance to help listeners navigate their own journeys of healing and growth. It's more than just a podcast—it's a global movement, a call to action to rise above our circumstances, to unlearn the habits that hold us back, and to write our own narratives of resilience and empowerment. Join us on the "LYF Matters Podcast" and embark on your journey of healing, empowerment, and personal transformation.

SOCIAL MEDIA FOLLOWERS

SOCIAL MEDIA #IG

6K

FOLLOWERS

FOLLOWERS DETAILS

Female: 60%

Male: 40%

SOCIAL MEDIA #LINKEDIN

23K

FOLLOWERS

FOLLOWERS DETAILS

Female: 45%

Male: 55%

SOCIAL MEDIA #FB

10K

FOLLOWERS

FOLLOWERS DETAILS

Female: 65%

Male: 65%

ABOUT KEYONNA MONROE

With a degree in Broadcast Journalism, and Communications, as an alum of both Spelman College and USC, Keyonna worked in marketing & advertising before making her way to major television networks as an editor and journalist. Certified by Capella University in Contemporary Theory in Mental Health Services, Neurolinguistics Programming and Cognitive Behavioral Therapy. With an amiable and structured background in Counseling, Ms. Monroe generally employs NLP and CBT techniques, while integrating interpersonal approaches to provide support and practical feedback to help clients effectively address personal life challenges

Keyonna Monroe teaches extensively on emotional intelligence and collaborates with several companies and institutions including Microsoft, Wells Fargo, Whole Foods, Obama Foundation, NAACP, California Endowment and DOVE. Monroe discusses topics around emotional & spiritual wellness, mental health, and mindfulness. She has spoken at national and international conferences, companies, and universities such as WAGS, NYU, USC, Loyola Marymount, Misericordia University, and UCLA annually, and is tapped by companies such as Job Corps, Amazon and VyStar Credit Union, Raytheon and Boeing to share her unconventional insights on leadership, and business.

She views counseling as a partnership in which she works with clients toward this goal. Keyonna Monroe is a survivor of child trafficking, and often speaks about preventing/Identifying/Healing in terms of overall wellness. Keyonna Monroe is the CEO & Executive Director of Pretty2Me.org, a nonprofit organization that teaches mental and emotional health in the form of self-love to young girls. Keyonna has experience working with individuals that struggle with anxiety, depression, communication, trauma, loss, and perhaps have reached an impasse with moving forward within a career, relationship, or other life events.

She believes that the therapeutic relationship is vital to success and is respectfully attentive to cultural factors and the unique history and circumstances of each client. With compassion and understanding, Ms. Monroe works with each individual to help them build on their strengths and attain the personal growth they are committed to accomplishing. Well-versed in the development and facilitation of technical and educational training in the non-profit, academic, corporate, and governmental industries. Applies adult learning theories and methods to develop creative and interactive presentations to inform and motivate audiences using a wide variety of platforms, including one-on-one and group sessions, webinars, online programs, and correspondence courses.

Contact info:

www.keyonnamonroe.com

Email: km@keyonnamonroe.com

www.pretty2me.org

Email: km@pretty2me.org

