

The Bounce Back CoachTM

Bridgette Y. Lewis

Media Kit



Uplift * Transform * Empower

www.BridgetteLewis.com



Born in Houston Texas living in Los Angeles, Bridgette Lewis is President and Founder of CoffeeTalk Jazz. A true multi-hyphenate businesswomen, 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 has suffered a life-threatening aneurysm. Dealing with her mother's illness Bridgette needed to focus and music would service as the anchor she needed and CoffeeTalk Jazz was born.

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 helps 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 content creators, promoting their brand 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 teaching 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 failed marriage, bankruptcy, sexual assault, and homelessness.

Creating Impact



PODCAST

Bounce Back definition: Overcome, Rebound, or Recover Returning Quickly To a Normal Condition After a Difficult Situation or Event.

2Mil

Community Reach

Analytics

200.5K+
MONTHLY PAGE
VIEWS

50K+
ACTIVE EMAIL
SUBSCRIPTIONS

20% - 65%+
EMAIL
OPEN RATE

Social Media Stats

15k+

facebook

—

2k+

instagram

—

12k+

twitter

—

5k+

linkedin



How do you begin rebuilding your life or starting over after a major loss? I know first-hand what it is like to lose everything and to rebuild from the ground up. I had no clue that my ex-husband was hiding a horrible secret. To find out that he was a drug dealer and that he had served time in prison that shook me to my core. Going through a break-up or a job lost or career change? Not sure what to do? I can help you through the process of change to craft your "Road to Recovery plan" learn how to heal from your past and reclaim your happiness with this practical, powerful guide.

1. Ready to reclaim your power?
2. Are you ready for a clear plan of action?
3. Do you need help rebuilding your confidence?

With my practical six step guide and a clear blueprint and six crucial steps you can rebuild, recover, and bounce back.

WHAT CLIENTS ARE SAYING

"If you want to get to the next level, you need to find a community and a coach like Bridgette who not only supports your vision but also know how to turn your life goals into reality." She has been where you are now, hitting the same walls and conquered the same challenges you're facing right now. She knows the way through, and how to get on the other side as you face and overcome whatever challenging you're having."

Yolanda Evans Phoenix, AZ

DEMOGRAPHICS

75%

AGES
25-62

27%

MARRIED

98%

WOMEN

61%

COLLEGE
GRADUATES

Books



From Pitfalls To Purpose

Each reader will connect to my book in a unique way, there's laughter and tears. My book is beautifully tender and ultimately it's about finding hope and healing in the dark places. It has plenty to teach each reader based on where they maybe in their life about living and forgiving ultimately finding peace.

Available now through

Amazon.com and BarnesandNoble.com

The Power Of A Dream

Believe in your dreams by visualizing what it would feel like when you have already achieved your dream, your mindset would shift and align you towards taking all the steps towards making your dreams a reality. Live and breathe your dream. Believe that you have everything you need at this moment, to achieve your dream.



My Mother's Daughter

A Caregiver's Journey



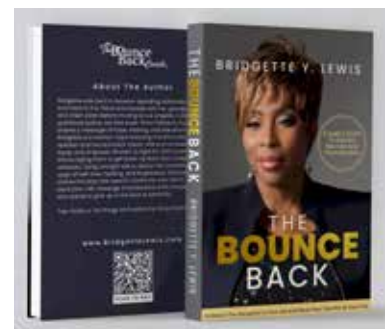
Written by
Bridgette Y. Lewis

My Mother's Daughter

It can be one of the most rewarding experiences, but it's not without its fair share of challenges. That's why it's so important for caregivers to have a strong support system while taking care of older parents and loved ones struggling with illness.

The Bounce Back

Why do we give up? Why do we forget to try again? Over the years, I have worked with all kinds of people with various personal and career challenges, and I have come across one common fear that we all naturally develop and the fear of failure, or the fear of getting hurt.



Press & Media



Speaker Topics

- ◆ *Are you Facing a Crossroads?
- ◆ *Bouncing Back After a Setback
- ◆ *Standing-up in the face of Adversity
- ◆ *How To Build Radical Self Confidence
- ◆ *How to Overcome Your Limiting Beliefs
- ◆ *Don't Be Afraid To Leave Your Comfort Zone
- ◆ *When Life Interruptions Become Opportunities
- ◆ *Learn To Use Obstacles, Challenges Roadblocks as Fuel



Book Bridgette Today!

The Bounce Back Coach

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