

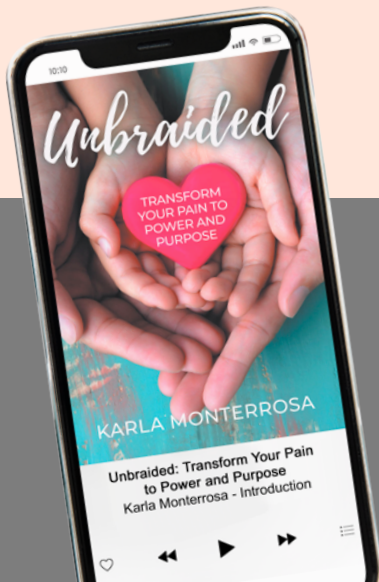


*"KARLA INSPIRES OTHERS TO
FIND THEIR AUTHENTIC SELVES."*

Cydelia Miranda Storey
Latin American Bible Institute

KARLA'S KEYNOTES CAN INCLUDE:

- Audience Q + A
- Book reading
- Half or full day interactive workshop
- Ongoing, leader, team, staff, or stakeholder coaching and training



Unbraided

Karla Monterrosa

**AUTHOR | KEYNOTE SPEAKER
WOMEN'S EMPOWERMENT COACH**

Signature Keynote

UNBRAIDED LIFE

Provides a path to experience breakthrough and healing from abuse. Through honest self-reflection, biblical principles, and her one-of-a-kind 7 Steps Toward Healing framework, Karla guides survivors of abuse to discover their specific needs and provides practical tools for them to move forward with renewed energy, unshakeable confidence, and purpose.

KARLA TEACHES WOMEN TO:

- Identify areas of their lives that are being affected by abuse and provides guidance for them to experience breakthrough and healing.
- Overcome the long-term effects of abuse—fear, shame, lack of trust, and anger—in order to build strong relationships, enjoy intimacy, and experience joy.
- Get healthy emotionally and spiritually so they can cultivate the self-confidence and courage needed to follow through to freedom.
- Step forward into the life they desire with renewed energy, unshakeable confidence, and purpose.

**TO BOOK KARLA TO SPEAK, CONTACT
SPEAKING@UNBRAIDEDLIFE.COM**

Listen to the introduction of my soon to be released book, *Unbraided: Transform Your Pain to Power and Purpose*. Go to unbraidedlife.com.

in /IN/KARLA-B-MONTERROSA

ig @KARLABMONTERROSA

WWW.UNBRAIDEDLIFE.COM

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"Karla is a truly transparent communicator who, with God's help, has uncovered her true self and inspires others to find their authentic selves. She speaks from a place of deep healing and it is palpable."

Cydelia Miranda Storey
Latin American Bible Institute

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About Karla

Karla Monterrosa, is an author, keynote speaker, and women's empowerment coach who has dedicated her life to improving the lives of women and families. Karla is a certified Mending the Soul support group facilitator, but it's her almost two decades of experience in community and economic development that make her programming practical, unique, and transformational. She understands what motivates, inspires, and ultimately leads people to unlock their power. As a survivor of abuse herself, she is passionate about leveraging her skills to help others overcome their past. She believes everyone has a God-given purpose, and through her unique coaching program, Unbraided Life (www.unbraidedlife.com), Karla guides survivors of abuse to discover their specific needs and develop actionable strategies for a life with renewed energy, unshakeable confidence, and purpose.

Karla is the author of the soon to be released book, *Unbraided: Transform Your Pain to Power and Purpose*.

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