



# LENORA EDWARDS, MS

TEDx SPEAKER, AUTHOR,  
EMOTIONAL EATING EXPERT & COACH



## *Media Kit*

Inside you will find: Lenora's bio, services provided, workshop series, audience take aways, questions for interviews, social media links, free gift links, photos, contact info and more.



“Change your language, change your life.”

Lenora Edwards



# LENORA EDWARDS

Your name is pronounced " Leh-nor-uh "

TEDx Speaker, Author,  
Emotional Eating Expert & Coach



## NOTEWORTHY TIDBITS

- Expert by Experience in Overcoming Eating Challenges
- Published TEDx Speaker
- Board Certified Speech Language Pathologist (M.S. CCC-SLP)
- Certified Holographic Memory Resolution® Practitioner (CHMRP)
- Certified Neuro-linguistic Programmer (NLP) and Hypnotist
- Emotional Healing Facilitator & Wellness Expert
- Over 70 guest media appearances
- Former bakery business owner
- Native New Yorker born and raised in Brooklyn
- World traveler, hiker and lover of life



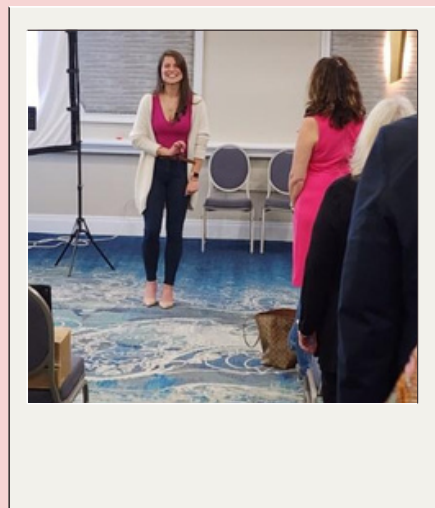
"I highly recommend Lenora as a speaker for your next event or podcast. Lenora delivers actionable, takeaways, exercises, and stories that will transform your audience, and leave them wanting more."

-Holley Mignosi

*Host of The Soulful Speaker Summit*

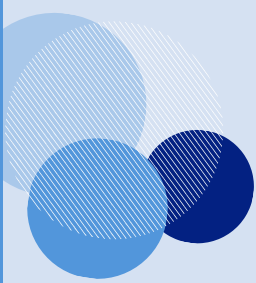
# Services at a glance

- Emotional Eating Expert & Coaching
- Hypnosis & Holographic Memory Resolution® (HMR) Sessions
- Public Speaking & Keynote Speaking
- Workshop Facilitation (For Personal & Professional Growth)
- Communication Mastery Programs
- Online Courses & Webinars

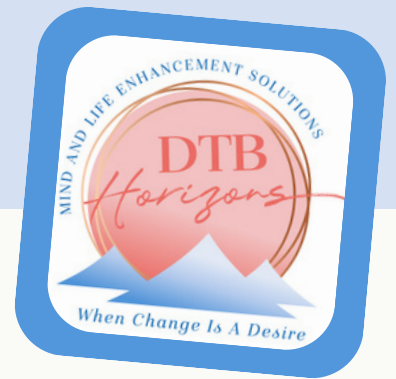


“In a few short zoom sessions later, she was able to teach me how to handle the emotions and feelings that I get from time to time from those experiences instead of suppressing them even further. With Lenora’s help, I now have a focus and game plan on how to handle those feelings. I couldn’t be more grateful.”

-Tanya Thomas



# Contact Info and media links



## PODCAST APPEARANCES

- Work Smart Hypnosis with Jason Linett
- Generate Your Value with Andrew McDowell & Zach Levy
- Growing Up with Dr. Sarah with Dr. Sarah Adams

## MEDIA APPEARANCES

- More Podcast Appearances
- Magazine Article: Transforming Memories, Transforming Lives
- DTB Horizons YouTube Channel
- Take Action Now Summit
- Published TEDx Talk

## SOCIAL MEDIA LINKS



[facebook.com/LenoraEdwardsDTBHorizons](https://facebook.com/LenoraEdwardsDTBHorizons)



[@Lenora Edwards TEDx Speaker, Author, Emotional Eating Expert](#)



[@PositiveThinkingforWomen](#)

## FREE PUBLISHED EBOOK LINKS

[The Power of Words eBook](#)

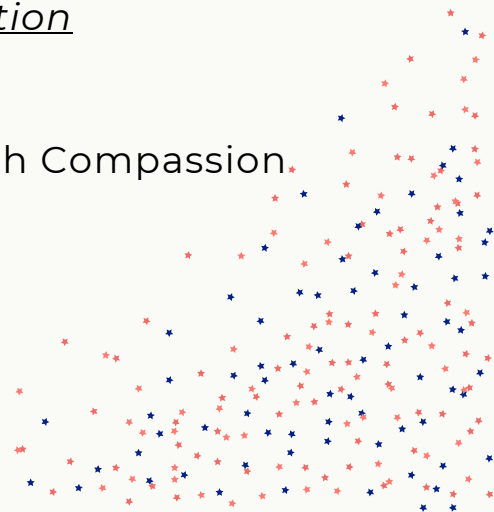
[Understanding Holographic Memory Resolution](#)

## SIGNATURE COURSE

Eat, Love, Heal: Healing Emotional Eating with Compassion.

“Working with Lenora has given me so many insights and inspirations for my own personal and professional growth. She is a special one, fully dedicated to elevating people.”

-Karen Dubi



# Helpful Questions

## For Media & Podcasts

### CHANGE YOUR LANGUAGE, CHANGE YOUR LIFE

- Can you share a moment that inspired you to focus your work on emotional eating and binge eating?
- In your experience, what's the most common misconception people have about emotional eating, and how do you address it?
- What's a pivotal success story from your practice that really illustrates the transformation possible for those struggling with their relationship with food?
- How do you approach the concept of self-love and body positivity in your work, especially in a society that often promotes unrealistic body standards?

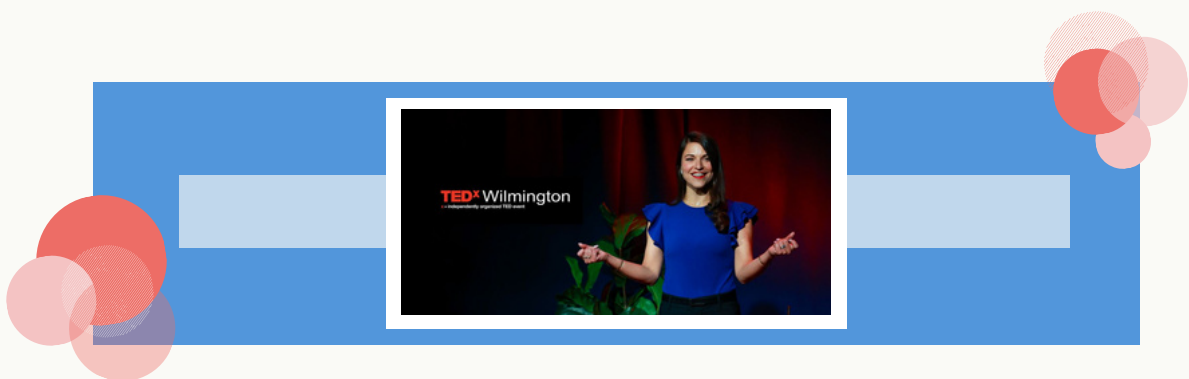


- In dealing with emotional eating, what's one tool or strategy you often find surprisingly effective for your clients?
- How do you see the role of mindfulness in changing eating behaviors, and could you give an example of how this has worked for someone you've helped?
- What's a piece of advice you often find yourself giving to those who are just starting their journey to a healthier relationship with food?

# Workshop Series

## THE ART OF COMMUNICATION WORKSHOP SERIES

- **Mindful Eating Mastery: 4 Steps to Overcoming Emotional Eating & The Hidden Trigger That Sabotages Healthy Habits**
  - Discover a 4-step pathway to break free from the cycle of emotional eating and establish a nourishing relationship with food.
  - Identify the often-overlooked trigger in daily routines that can derail even the most well-intentioned eating habits.
  - Learn practical, mindfulness-based strategies to foster a balanced approach to eating, emphasizing self-compassion and awareness.
- **Resilient Self-Image Workshop: 6 Keys to Rebuilding Body Confidence & The Common Myth About Self-Acceptance**
  - Embark on a 6-step journey to reconstruct a positive and resilient self-image, transforming how you see and treat your body.
  - Expose and dismantle the widespread myth about self-acceptance that keeps many from truly embracing their bodies.
  - Adopt a holistic approach combining NLP, Hypnotherapy, and self-reflective practices to cultivate lasting body positivity and self-love.

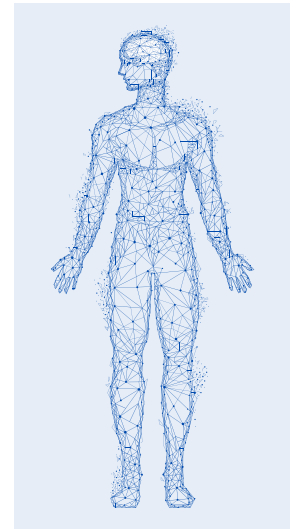


- **Transformative Talks: The 5 Phases of Inner Dialogue Mastery & The #1 Mistake That Undermines Self-Confidence**
  - Learn the 5 essential phases to transform negative self-talk into empowering inner dialogue.
  - Discover the critical mistake most people make in self-communication that hinders self-esteem.
  - Gain tools and strategies to consistently nurture positive and supportive self-talk.

# Understanding

## Holographic Memory Resolution®

Trauma is a nearly universal human experience that can derail lives in profoundly painful ways. When traumatic events happen, they overwhelm our capacity to cope and become locked into the nervous system and body where they continue to haunt people for decades. Holographic Memory Resolution® (HMR), unlocks a groundbreaking pathway to healing by accessing and transforming traumatic memories at their core.



Developed by Brent M. Baum, STB, SSL, LISAC, CADC, CCH, HMR offers a way to access and recode traumatic memories at their neurological roots. For more information please download my free eBook below which was co-authored with Brent Baum.

### FREE EBOOK LINK

[Understanding Holographic Memory Resolution eBook](#)

### EVIDENCE BASED HOLOGRAPHIC MEMORY RESOLUTION® RESEARCH

[www.HMRResearchArticle.com](http://www.HMRResearchArticle.com)

As a certified Holographic Memory Resolution® (HMR) practitioner, I offer a compassionate approach to healing PTSD, trauma, anxiety, addiction, and more. This evidence-based method gently yet effectively addresses deep-seated emotional traumas, empowering clients towards emotional freedom and well-being. I guide clients through their healing journey, helping them overcome emotional obstacles and embrace a life of resilience and emotional liberation.

# Short Bio



Lenora Edwards, a published TEDx speaker and author, is an expert by experience in overcoming eating challenges and advocate for mindful eating and body positivity, is renowned for her innovative approach to emotional wellness and eating habits. Blending her expertise in hypnosis, Neuro-Linguistic Programming (NLP), and Holographic Memory Resolution®, Lenora has crafted a unique methodology that empowers individuals to overcome emotional eating by harnessing the power of effective internal communication. With over a decade of experience, she has guided countless individuals to transform their relationship with food, fostering a life of confidence, balance, and self-compassion.



**"It's not an overstatement to say that my sessions with Lenora have been life changing. Her voice, demeanor, integrity and skill all create safety in an invaluable way. Her incredible ability to integrate NLP, positive self talk, and HMR allow me to explore my own inner landscape in a way that few have been able to facilitate.**

**I fully trust that Lenora will give the same attention, value and care she gives to me to all of her clients."**

**-Elizabeth Mayer**



# Full Bio



TEDx Speaker, Author, and beloved Communication and Emotional Wellness Guide, Lenora Edwards, embodies the heart of transformation and empowerment. With her roots as a Board-Certified Speech-Language Pathologist, Lenora has gracefully intertwined her deep understanding of speech with the healing arts of Hypnosis, Neurolinguistic Programming (NLP), and Holographic Memory Resolution® (HMR). This unique fusion has crafted a groundbreaking path not only towards mastering authentic self-expression but also in navigating the emotional journey of eating and building a peaceful relationship with food and oneself.

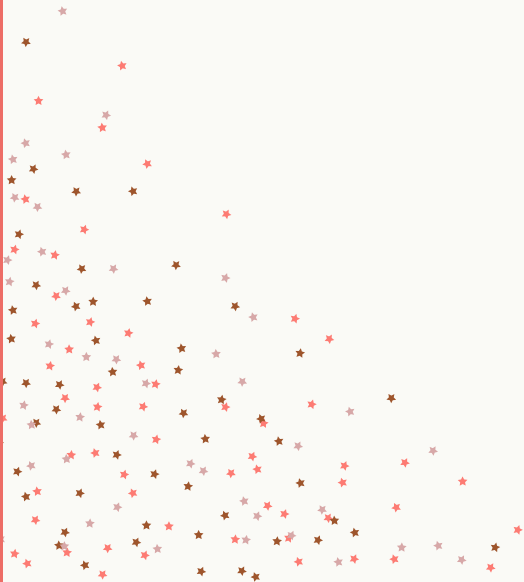
With more than ten years of professional experience, Lenora's name has become synonymous with compassion, understanding, and genuine breakthroughs in communication and self-healing. Her offerings range from heartwarming workshops and enriching classes to intimate, personalized coaching sessions. These are designed to meet you where you are - whether you're seeking to captivate an audience with your public speaking, deepen your personal relationships, or find solace and strength in your relationship with food.

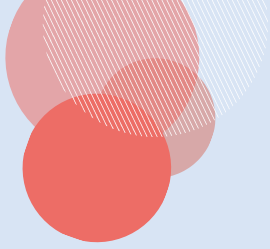
Driven by a deep commitment to dissolve barriers in communication and emotional wellness, Lenora's warmth and wisdom offer solace to those navigating life's challenges, from PTSD and anxiety to trauma and beyond.

As a dynamic speaker and author, Lenora's stories and strategies celebrate the power of connection and the beauty of a life lived true to oneself. At the core of DTB Horizons lies her invitation to you: to discover your voice, embrace your story, and embark on a heartfelt journey of growth and transformation.

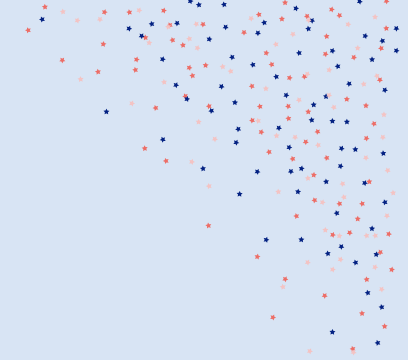
# Lenora Edwards

## Most Requested Media Photos





# Real Stories. Real Results



“Ever since I was introduced to Lenora I felt like I have known her for several years instead of just maybe a week or even a day. Lenora, without even knowing me or who I am, brought me insight on our first meeting which really made me think a lot more and even made it easier on me to come out and discuss my thoughts and feelings with her and the person I had issues with. Lenora is an amazing woman, teacher, coach and I will add a special friend with whom I couldn't live without. She brightens your day just by the way she smiles and radiates that positive attitude in everything she does. Thank you Lenora.”

-Dan Daneen



“I feel like what you have taught me has worked. I have actually used it several times to just help me relax and destress. One of the memories in the past that I feel held me back has just completely left my thoughts and has not returned. I have also been trying to keep my mind in a positive mode even when life is not going as well as planned. I appreciate your help and will most likely do another session in the near future.”

- David Bear



# Contact

## Lenora Edwards

for live & virtual trainings your  
audience will rave about!



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[@Lenora Edwards, M.S.](https://www.linkedin.com/in/LenoraEdwards_M.S.)



[@PositiveThinkingforWomen](https://www.instagram.com/PositiveThinkingforWomen)

