



www.howtoloveabatteredwoman.com

Nia Renee 

MOTIVATIONAL SPEAKER
& RELATIONSHIP COACH

MEDIA KIT

Hi. I'm Nia Renee!

MOTIVATIONAL SPEAKER & RELATIONSHIP COACH INTRODUCTION

When I first launched How To Love A Battered Woman, my goal was to figure out how to teach my ex how to love me. I didn't realize at the time that I was in an abusive relationship, nor did I know about narcissistic abuse. The pattern of manipulation and control was all too familiar from earlier experiences, and what started as a personal outlet soon became a journey of self-discovery and healing.

As I grew in my understanding of the toxic dynamics I had been trapped in, my focus shifted. My blog evolved into a full-scale coaching business, where I now help others break free from abusive relationships, rediscover their confidence, and build healthy, intentional relationships. Today, as a relationships motivational speaker, author, and model, I use my story to empower others to reclaim their lives.

*"Empowering survivors to reclaim their
lives
and embrace healthy love."*



MOTIVATIONAL SPEAKER & RELATIONSHIP COACH BIOGRAPHY

My journey has been anything but easy, but it has shaped me into the woman I am today—resilient, empowered, and deeply committed to helping others reclaim their lives. My story begins in a chaotic, toxic, and abusive household, where I endured years of emotional abuse as a child. This early trauma set the stage for many of the relationships that followed, where I unknowingly normalized chaos and abuse.

In high school and college, I survived the unimaginable—being raped not once, but twice. These experiences left me struggling to understand my own worth and desperately trying to find love and acceptance in all the wrong places. I fell into a pattern of abusive relationships, each one taking a deeper toll on my spirit. I didn't know what healthy love looked like, and I repeatedly found myself with partners who mirrored the toxic dynamics I had grown up with.

But it wasn't until I met my most narcissistically abusive ex that I truly hit rock bottom. His manipulation and control slowly eroded my sense of self. I was trapped in a cycle of emotional and psychological abuse that left me feeling empty and powerless. Leaving him felt like one of the hardest decisions I had ever made, but it was also the first step toward reclaiming my life.

It was during this time—while I was fighting to recover from the trauma of leaving my abusive ex—that I was hit with another blow. I was diagnosed with my first of three rare brain disorders, and in a matter of months, I underwent my first brain surgery. Little did I know, this would be the beginning of a long and painful journey. Over the next few years, I would endure six brain surgeries, each one more physically and emotionally draining than the last.



MOTIVATIONAL SPEAKER & RELATIONSHIP COACH BIOGRAPHY CONT'D.

Recovering from a major brain surgery, while simultaneously trying to heal from narcissistic abuse was a battle I never expected to fight. I had to relearn how to trust my body after it had been through so much trauma—both physically and emotionally. The scars left behind were not just from the surgeries, but from the years of abuse and self-doubt that had accumulated.

Through it all, I found strength I didn't know I had. I realized that surviving these traumatic experiences wasn't just about getting through each day—it was about reclaiming my power, and stepping into my purpose; learning to live life on my own terms. I decided to take my experiences and turn them into a source of empowerment, not just for myself, but for others who have walked a similar path.

Today, as a certified motivational speaker & coach, author and model, I am dedicated to helping survivors of abuse and trauma find their own strength and reclaim their lives. I share my story not to relive the pain, but to show others that healing is possible, no matter how dark the journey has been. I'm here to remind you that your trauma does not define you—your resilience does.

There is a life after abuse and there is a life during chronic illness 💜



KEY ACHIEVEMENTS

- ✓ **Bachelor's Degree in Criminal Justice:**
I graduated with a Bachelor's degree in Criminal Justice, which gave me a solid understanding of complex social and legal dynamics, especially around sexual assault, abuse and relationships.
- ✓ **Master's in Business Administration (MBA) with a Concentration in Human Service:** I earned my MBA with a concentration in Human Services, which has helped me run my coaching business effectively and advocate for the well-being of others.
- ✓ **Self-Published Author:** I am proud to be a self-published author of *Letters To You*, *The Road to Intentional Dating: The Intentional Dating Workbook*, and *The How to Love Me Journal*, where I offer tools and insights for individuals recovering from abusive relationships, empowering them to embrace intentional and fulfilling relationships.
- ✓ **Full-Scale Coaching Business:** I've grown *How To Love A Battered Woman* from a personal blog into a full-scale coaching business that supports survivors of abuse as they rebuild their lives with confidence and intention.
- ✓ **Motivational Speaker:** I have had the privilege of delivering motivational talks and workshops on topics like abuse recovery, building confidence, and creating healthy relationships, helping people to break free from trauma and take control of their lives.
- ✓ **Surviving Six Brain Surgeries:** After surviving six brain surgeries, I now share my story to inspire others who are living with chronic illness or disability, helping them find strength, resilience, and hope for the future.
- ✓ **Model and Advocate:** As a model and advocate, I've walked in New York Fashion Week for the Runway of Dreams Foundation, where I championed inclusivity in the fashion industry for disabled and chronically ill individuals, showing others the beauty in embracing their uniqueness.

SPEAKING TOPICS

✓ ***Healing After Abuse: Rebuilding Confidence and Embracing Healthy Love***

In this talk, I guide survivors of abuse through the powerful process of rebuilding their lives. I share my personal journey of overcoming emotional and narcissistic abuse and provide actionable steps to help you reclaim confidence, set healthy boundaries, and embrace a future filled with healthy, intentional love.

✓ ***The Power of Boundaries: Taking Control of Your Life and Relationships***

Setting boundaries is one of the most critical steps to reclaiming your life after trauma. In this talk, I dive deep into the importance of boundary-setting, offering strategies that will help you protect your emotional well-being, create healthier relationships, and build a life that aligns with your true self.

✓ ***Surviving Medical Trauma: Resilience in the Face of Six Brain Surgeries***

My journey of surviving six brain surgeries while navigating the emotional impact of medical trauma is one of resilience and strength. In this talk, I share how I found resilience in the face of overwhelming adversity, learned to advocate for myself, and continue to live a full, empowered life despite my medical challenges.

✓ ***Reclaiming Yourself After Trauma: A Journey from Survival to Empowerment***

Trauma can break us, but it also has the potential to build us back stronger. In this talk, I share my own journey of moving from survival to empowerment. I'll provide insights on how to rediscover your identity, reclaim your power, and create a life defined by growth and healing, not trauma.

✓ ***Defining Your Power & Stepping Into Your Purpose***

This transformative talk is for anyone ready to embrace their true power and purpose. I will guide you through the process of shedding self-doubt, stepping into your full potential, and aligning your actions with your life's purpose. You'll leave empowered with the tools and mindset needed to take control of your future.

SERVICES OFFERED

- ✓ Keynote Speeches
- ✓ Virtual Speaking Events
- ✓ Workshops
- ✓ Conferences
- ✓ Panel Discussions
- ✓ Podcasts

SPEAKING TESTOMONIALS



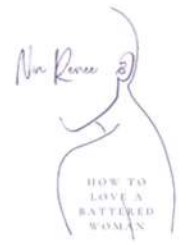
Lee Hammock, Mental Health Coach

Working with Nia Renee has been one of the greatest pleasures of my life. She is strength and perseverance personified. She has the unique ability to connect to her audiences through her wealth of knowledge and her lived experiences. She knows exactly what to say, when to say it and importantly HOW to say it. She uses her passion and empathy to connect to others on such a personal level and reach people that didn't think that they could be reached. It has been my honor to share the stage with her and I look forward to watching her change the world.



Lisa Sonni, Author, Speaker, Founder of Stronger Than Before Coaching

I highly recommend Nia Renee as a speaker for events focused on relationship recovery and narcissistic abuse. Her participation in my webinar Finding Healing & Regaining Sanity After Narcissistic Abuse and her powerful speech at an in-person event for survivors left a lasting impression. Nia Renee's ability to connect deeply with her audience is truly inspiring, and her message resonates on an emotional and empowering level. She brings an undeniable passion to her speaking engagements, delivering impactful insights that stay with attendees long after the event.



Social Media

@HOWTOLOVEABATTEREDWOMAN

Across multiple platforms, I've built a growing community of survivors and supporter, The Battered Hearts Army! I've created a space where individuals can find support, share their stories, and access the tools they need for healing and empowerment. Through How To Love A Battered Woman, LLC., I've been able to foster an environment where survivors feel seen, heard, and understood, all while guiding them toward reclaiming their confidence and power.



154k+



59k+



234k+



2.8k+



WHO I WORK WITH

- Nonprofit Organizations
- Corporate Events & Workshops
- Conferences & Summits
- Universities & Schools
- Women's Empowerment Groups
- Healthcare and Wellness Events

WHAT YOU CAN EXPECT

When you hire me, you can expect a powerful, authentic, and transformative experience. I bring a unique blend of vulnerability, real-world insights, and actionable strategies to each speaking engagement, tailoring my message to resonate deeply with your audience. My talks are designed to inspire, empower, and equip individuals with practical tools for healing, personal growth, and building resilience. Whether delivering a keynote speech or leading an intimate workshop, I strive to create meaningful connections and leave a lasting impact.



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GET IN TOUCH

I'd love to connect and explore how I can bring value to your next event! Whether you're looking for a keynote speaker, workshop facilitator, or panelist, I'm here to inspire and empower your audience. Let's discuss your needs and make something impactful happen.

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