



# LENORA EDWARDS, MS

TEDx SPEAKER, AUTHOR,  
DISORDERED EATING SPECIALIST,  
CONFIDENCE & PUBLIC SPEAKING EXPERT



## *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 |  
Disordered Eating Specialist |  
Confidence & Public Speaking Expert



## 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



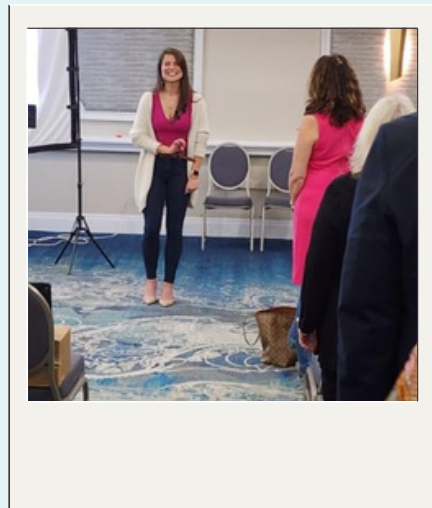
"I highly recommend Lenora as a speaker for your next event or podcast. Lenora delivers actionable, takeaways, exercises, and stories that will transform your audience, and leave them wanting more."

-Holley Mignosi

*TEDx Coach & Host of The Soulful Speaker Summit*

# Services at a glance

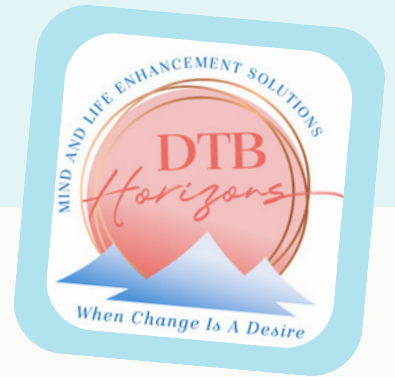
- Disordered Eating Teacher & Specialist
- Hypnosis & Holographic Memory Resolution® (HMR) Sessions
- Public Speaking & Keynote Speaking
- Workshop Facilitation (For Personal & Professional Growth)
- Communication Mastery Programs (For Speaking, Networking, Interviewing, Sales & More)
- Online Courses & 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 (Workshop Attendee & Client)

# 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\*](#)

[\*Eat, Love, Heal\* eBook](#)

## SIGNATURE COURSE

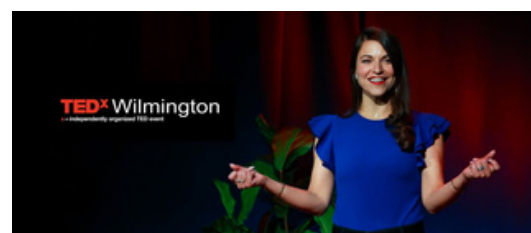
Eat, Love, Heal: 6 Weeks to End Emotional Eating  
with the BEFREE Method



# Workshop Series

## THE ART OF COMMUNICATION WORKSHOP SERIES

- **Emotional Eating Unpacked: Understanding the Emotional Triggers Behind Your Cravings**
  - Learn to identify the emotional triggers that drive your cravings—stress, boredom, loneliness, and more.
  - Discover how your brain associates food with comfort and how to break the habit.
  - Gain mindfulness tools to recognize emotional cues before they lead to overeating.
  - Walk away with a personalized action plan to address emotional triggers and reduce reliance on food as a coping mechanism.
- **SMILE: The Communication Technique to Boost Your Charisma, Presence, and Confidence**
  - Master the 5 steps of the SMILE technique—Slow Down, Mindful Presence, Inflection, Lightness, and Eye Contact—to captivate any audience.
  - Learn how to use inflection, tone, and body language to create deeper connections and build trust.
  - Gain confidence in public speaking, whether you're on stage, in a meeting, or on camera.
  - Walk away with practical tools to communicate with clarity and impact, making every conversation count.






# Workshop Series

## THE ART OF COMMUNICATION WORKSHOP SERIES

- **Craving Control: How to Stop Food Cravings in Their Tracks with Practical, Everyday Tools**

- Understand the science behind food cravings and why certain foods feel irresistible.
- Learn fast-acting, effective techniques to stop cravings in real time—without feeling deprived.
- Explore mindfulness and stress-relief strategies that help reduce the frequency and intensity of cravings.
- Walk away with a toolkit of practical steps to regain control over food, especially during high-stress moments.



“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, (Workshop Attendee & Client)

- **The SHIFT Protocol: Master Your Inner Dialogue & Boost Your Confidence in 5 Simple Steps**

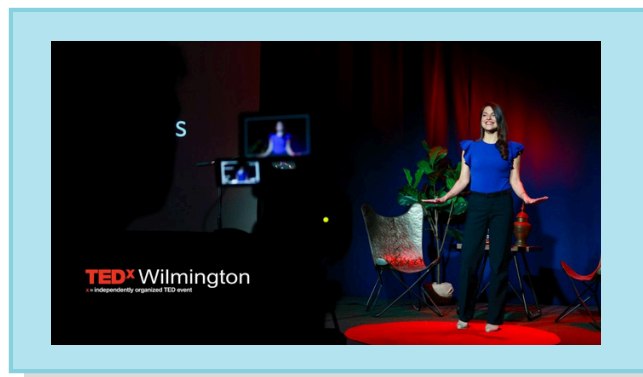
- Master the 5 steps of the SHIFT Protocol—Spot, Hear, Investigate, Reframe, and Trade—to take control of your inner dialogue and transform negative self-talk into confidence-building thoughts.
- Learn how to break free from negative self-talk and build a more empowering internal narrative.
- Discover how to use mindset shifts to boost your confidence, whether in public speaking, client interactions, or personal growth.
- Walk away with actionable strategies to reshape your inner dialogue, ensuring you communicate with impact and authenticity.

# 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 changes 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?



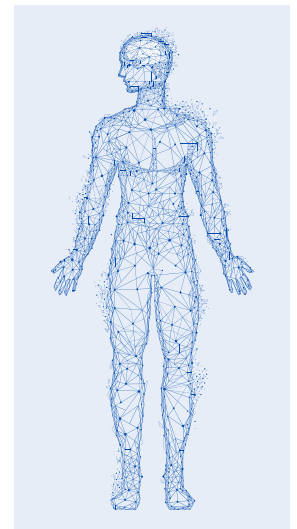
- In dealing with emotional eating, what's one tool or strategy you often find surprisingly effective for your clients?
- How do you see the role of mindfulness in changing eating behaviors, and could you give an example of how this has worked for someone you've helped?
- What's a piece of advice you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



# 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, CADDC, 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



What if changing the way you talk to yourself could completely transform your relationship with food and your self-worth?

While many believe overcoming emotional struggles and eating challenges is hard, Lenora Edwards—TEDx speaker, author, Board-Certified Speech-Language Pathologist, and Certified Holographic Memory Resolution Practitioner—offers a fresh approach.

Using her SHIFT Protocol, Lenora helps individuals break free from negative self-talk, while her BEFREE Method is designed specifically to help people overcome emotional eating. With over a decade of experience, she has empowered countless women and men to rebuild their relationship with food, boost their confidence, and rediscover their self-worth. Through her proven methods, you'll learn how to reshape your inner dialogue and unlock a life of confidence, peace, and true freedom around food.



**"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.**

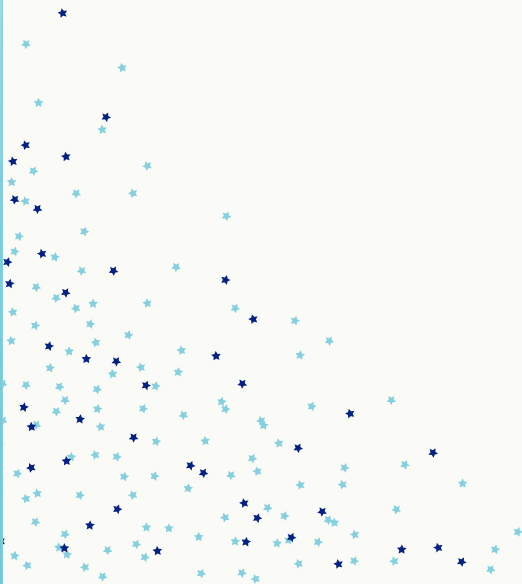
**I fully trust that Lenora will give the same attention, value and care she gives to me to all of her clients."**

**-Elizabeth Mayer (Client)**

# Lenora Edwards

## Most Requested Media Photos

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# 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 (Workshop Attendee & Client)



“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 (Client)

# 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)

