



# COACH SCHAN

Author, Speaker, Mentor, Life Coach

There's no better time than now to  
**BE COURAGEOUS and GET CLEAR!**



“I support women and girls in taking a **courageous** journey inward and by doing so, they begin to **live from the Truth** of who they are, **making choices from a place of clarity and authentic power!**”

*Schan Ellis*

# BIO

*"As a Champion of Girls and Women, I am committed to teaching key principles that will promote positive change and transformation to awaken their greatness and remember the Truth about who they are!"*



Teaching women and girls how to transform from the inside out to live a life of clarity, confidence, courage, and authenticity is the vision that Schan is so passionate about. Schan is a life coach leading a movement to inspire growth and awaken greatness through a journey of self-discovery to interrupt limiting beliefs, behaviors and thought patterns to experience life in a greater way.

Schan earned her B.A. in Business Administration from Augusta State University, served 11 years as a State Public Health Adviser for North Carolina, and is certified in IFC and IAC Core Coaching Competencies from Inner Visions Institute for Spiritual Development. Schan discovered her passion for life coaching while she coached women to write their life stories. Oftentimes writing sessions turned into “life sessions.” Girls felt safe in Schan’s presence to share their challenges and issues while women sought her out to ask for counsel and guidance. Schan knew that there was something within that attracted these “sessions” to her. These were her reflections. This led her to examine her own life, her own thinking, and her own ways of being to discover where in her life needed transforming. After embarking on her personal path of healing and self discovery, Schan learned how to stand in her truth and tap into her purpose of effectively merging the healing journey of writing and the transformative design of life coaching into a uniquely powerful program. She now supports her clients and engages audiences by *identifying* issues, *integrating* principles and practices, while sparking growth by *teaching* how to do “inner work” to then live a life that works.

Through mentoring, coaching and facilitating, Schan offers a “four level alignment” focused approach with her clients by holistically guiding them in the areas of learning, healing and living better from the inside out. Schan believes that by aligning who we are with what we think, how we feel, and what we do, *which is our personal integrity*, we can begin to see the correlation of our inner well-being to our outer experiences. Seeing ourselves at all levels supports us in taking ownership, responsibility, and accountability in making healthier and wiser life choices. It gives us the courage to *speak our truth, stand in our truth* and *share the gift our truth* with the world.

Schan is passionate about empowerment and personal development. Her desire is to impact and inspire a world where people make positive changes and improve relationships, especially the ones they have with themselves. Schan is passionately leading the way to a future of inner well-being while serving and connecting with her local community. She is founder of Schan Ellis – Personal Development and Spiritual Life Coaching, LLC and is author of Today, I DECLARE.

# SPEAKING EXPERIENCE



- Augusta Power Foundation
- iBronco Radio WFSS-FM
- Living Word Christian Center
- Tashi Health and Wellness Boutique
- Success Stalkers with Iona Garrett
- Coach Bille C & Inspirational Strength
- I AM Woman: Women's Empowerment
- Good Hope Missionary Baptist Church

- Fit For Legacy
- Xubian Wellness
- Delta Sigma Theta
- Fayetteville DIVAS
- Planned Parenthood
- Fayetteville, NC Housing Authority
- Women of Standard



## SIGNATURE SPEAKING TOPICS

### **NAKED AND NECESSARY**

To experience true change, we must first become AWARE, then ACKNOWLEDGE, and lastly ACCEPT. We can only do this when we are willing to tell the truth to ourselves about ourselves. Standing in our naked truth is necessary for identifying issues, integrating solutions, and executing growth. Transformation is an inside job and on the inside, there are no cover ups!

### **THE POWER OF PERSONAL INTEGRITY**

Being in personal integrity means that what we think, say, feel, and do are all in alignment. When we are aware of how we show up in the world by taking OWNERSHIP, RESPONSIBILITY AND ACCOUNTABILITY we can take course corrective steps in learning and living authentically.

## SIGNATURE WORKSHOPS

### **EmpowHER WITH POSSIBILITIES**

In this laser focused, interactive experience we embark upon a journey of exploration and discovery to begin making choices and decision from a place of power. All while being supported by a community of women and girls who are just like you!

### **BE THE VISION**

To manifest your vision, you must BE the vision! Learn and integrate the universal to rev up and energize our vision! This workshop gives tools, strategies and principles as we write your living vision life plan together!

### **MY WRITE TO HEAL**

In this writing workshop that focuses on healing emotional wounds through writing. There is energetic power in words and writing our feelings, our thoughts, our emotions, can lead to a life changing epiphany. Here we uncover buried emotions in a safe environment, explore limiting patterns of belief and embark upon a personal path of healing through forgiveness work and writing

### **MINDFULNESS AND MEDITATION**

The practice of mindfulness and meditation has proven to be beneficial in reducing stress, anxiety and depression, along with keeping us focused and emotionally balanced. I offer meditation and mindfulness to all ages using different modalities such as coloring, painting, creative visualization, silence, breathwork and other forms of "heART therapy."

## SIGNATURE PROGRAMS

### **BEING WOMAN – Naked and Necessary AMPLIFIED**

With the same principles used in the signature topic, we dive deeper, explore further and grow greater!

### **COURAGEOUS G.I.R.L.S. (Growing into Responsible Leaders)**

Educating, equipping and inspiring girls in 5<sup>th</sup>-9<sup>th</sup> grade to discover their inherent power and experience enlightenment through Courage, Creativity and Connection.

### **COURAGEOUS Women, COURAGEOUS Voices**

Facilitating a journey of healing through writing in a way that we are able to tell our stories and not remain stuck in them. Telling our stories is a declaration of Courage, Authenticity and Personal Power. Publishing opportunities are available.

# SMALL GROUP LEARNING PROGRAM



## *Courageous* G.I.R.L.S

Growing into Responsible Leaders!

A 12-week personal growth & leadership development program for girls in 5th -9th grade.

Grow | Develop | Have Fun!

“Knowing who you are allows you to show up in the world as a powerful and COURAGEOUS GIRL!” ~ Coach Schan

Are you ready to see empowered growth in the girls at your school or program?

Coach Schan offers an exclusive hands on coaching & mentorship program for schools and agencies where she comes to you and mentors your students.

This 12-week program focuses on the following topics related to the development of healthy girls in today's generation:

- Self Love & Self Worth
- Sisterhood
- Conflict Resolution Skills
- Healthy Bodies, Healthy Minds
- Clear, Clean, & Complete Communication
- Confidence from the Inside Out
- Positive Choices & Decision Making
- Setting Clear Intentions
- Establishing Boundaries
- Service to others

**#COURAGEOUSGirls** is delivered in a fun, interactive learning environment that includes role playing, community group share, team building, art projects, and “inner work” assignments.

**#COURAGEOUSGirls** is the perfect enrichment mentorship program for the girls at your school or agency to grow in **SELF-AWARENESS, SELF-LOVE, and SISTERHOOD**

**#COURAGEOUSGirls** is super flexible and can be delivered to small groups (of 12 or less students) during lunch or elective periods.

**#COURAGEOUSGirls** is infused with tools, skills and principles that support wellbeing mentally, emotionally and physically which leads girls to show up authentically at school and in the world.

**INCLUDES:** • A 45 minute virtual workshop for parents where Coach Schan will present on topics related to healthy girl development. • A COURAGEOUS GIRLS graduation ceremony to celebrate the successes and growth of the girls who participated in the program.

Contact Coach Schan to discuss how she can bring #COURAGEOUSGirls to your program!

# YOUNG MINDS IN MEDITATION



“Empowering youth, teachers and parents with knowledge and effective tools for managing wellness, and reducing stress, anxiety and unbalanced emotions as young people navigate through adolescence.”

## Meditation Has Been Proven To

- Improve emotional balance
- Improve mental clarity
- Improve academic focus
- Improve student/teacher relationships
- Improve receptive learning
- Nurture inner calm
- Nurture self confidence
- Nurture self awareness
- Nurture better behavior
- Nurture healthy choices

## What is Meditation?

- ✓ Meditation is relaxation of the mind, body and soul.
- ✓ Meditation is a simple technique to reduce stress, anxiety and fear.
- ✓ Meditation is accessible to people of all ages, cultures, lifestyles, and religion.
- ✓ Meditation is a tool that supports us in taking responsibility for own mental state.

## Student Programs

- 12 Week Program – presented once per week
- Each session 20 – 45 minutes depending on age or grade level
- Students explore emotions, intentions, awareness and positive affirmations
- Presented in any setting: classrooms, gymnasiums or outdoors
- No special setting or equipment is required

Contact Coach Schan to discuss how she can bring #YoungMINDSinMeditation to your program!

# REVIEWS

**"When Schan spoke at our I AM Woman: HEALED conference, she left the audience inspired to stand in the truth of who they are!"**

*Melissa West*

**"When I heard the principles of ownership, responsibility and accountability broken down in such an impactful way, I now know that I create my experiences. The possibilities are endless! Plus she teaches my girls the same principles in a youthful way!"**

*Tasherra Marshall*

**"Hiring Coach Schan for our program was insightful. I could see the transformation of the participants over the course of four weeks. Some were skeptical at first, but by the end, they were inspired and empowered!"**

*Teresa Anthony*

**"Coach Schan takes no excuses when it comes to placing limitations on ourselves. I have set and accomplished more goals because of her straightforward approach and accountability."**

*Carmella Kelley*

# BOOKING

*Thank you for considering Schan Ellis,  
also known as "Coach Schan" for your next  
Women and Girls focused engagement!*



Contact Information:

Email: [info@schanellis.com](mailto:info@schanellis.com)

Phone: (706) 962-3968



[Instagram.com/SincerelySchan](https://www.instagram.com/SincerelySchan)



[Facebook.com/CoachSchan](https://www.facebook.com/CoachSchan)



[Twitter.com/SincerelySchan](https://twitter.com/SincerelySchan)



[YouTube.com/SincerelySchan](https://www.youtube.com/SincerelySchan)

Locate us in our Facebook Groups

For Women's Empowerment: @StandingInMyTruth

For Girls' Empowerment: @ CourageousGirls

For Empowerment and Healing Through Writing: @MyWriteToHeal

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