

MEDIA KIT

Giovanna
GEATHERS

SPEAKER. AUTHOR. LIFE COACH. PSYCHOTHERAPIST. TALK SHOW HOST.



ABOUT GIOVANNA

Entrepreneur. Licensed Psychotherapist. Author. Life Coach. Speaker and Radio Talk Show Host are just a few of the ways to describe Giovanna Burgess Geathers and why Sheen Magazine named her one of its top women to be on the lookout for in 2018! Born and raised in Upstate SC, Giovanna's professional work experience spans as far north as NYC and as far south as Atlanta, GA. She has served in a variety of capacities from social work to special events, but her passion for helping people heal and transform their lives inspired her to earn a Master's degree in Counseling and found Touchstone Counseling & Coaching, a private practice in Greenville, SC that specializes in providing mental, emotional and behavioral health services for children, adolescents, couples, families and adults. A huge advocate for self-care, she is the founder of *The Breathe Facebook Group*, *The Breathe Retreat for Women* and *The Breathe Shoppe*.

In addition to professional counseling, Giovanna is a powerhouse speaker and life coach who delivers life changing messages of healing, accountability, authenticity, and transformation and she regularly conducts seminars, retreats, trainings, workshops, podcast and radio interviews and she delivers keynote and guest speaking addresses. In March 2017, Giovanna added author to her credits and published her first book entitled, *Why Am I Still Single*, which encourages women to have healthier relationships with others, but most importantly, with themselves. She is the host of *The Heart & Soul Facebook Live Show* and *The Heart & Soul Radio Show* where she strives to connect with people in ways that are inspirational, transformational, and motivational.

THERAPIST/SPEAKER/LIFE COACH

Giovanna the Speaker & Life Coach

As a transformational speaker and life coach, Giovanna delivers life changing practical messages of inspiration, motivation and transformation and she encourages us all to own who we are, know that we are enough, speak our truth and live boldly from a genuine, authentic place of healing and wholeness. Giovanna is available for corporate and organizational trainings, keynote, guest and panelist speaking engagements, corporate and personal retreats, marriage retreats, conferences, and workshops.

Speaking Topics and Titles include but are not limited to:

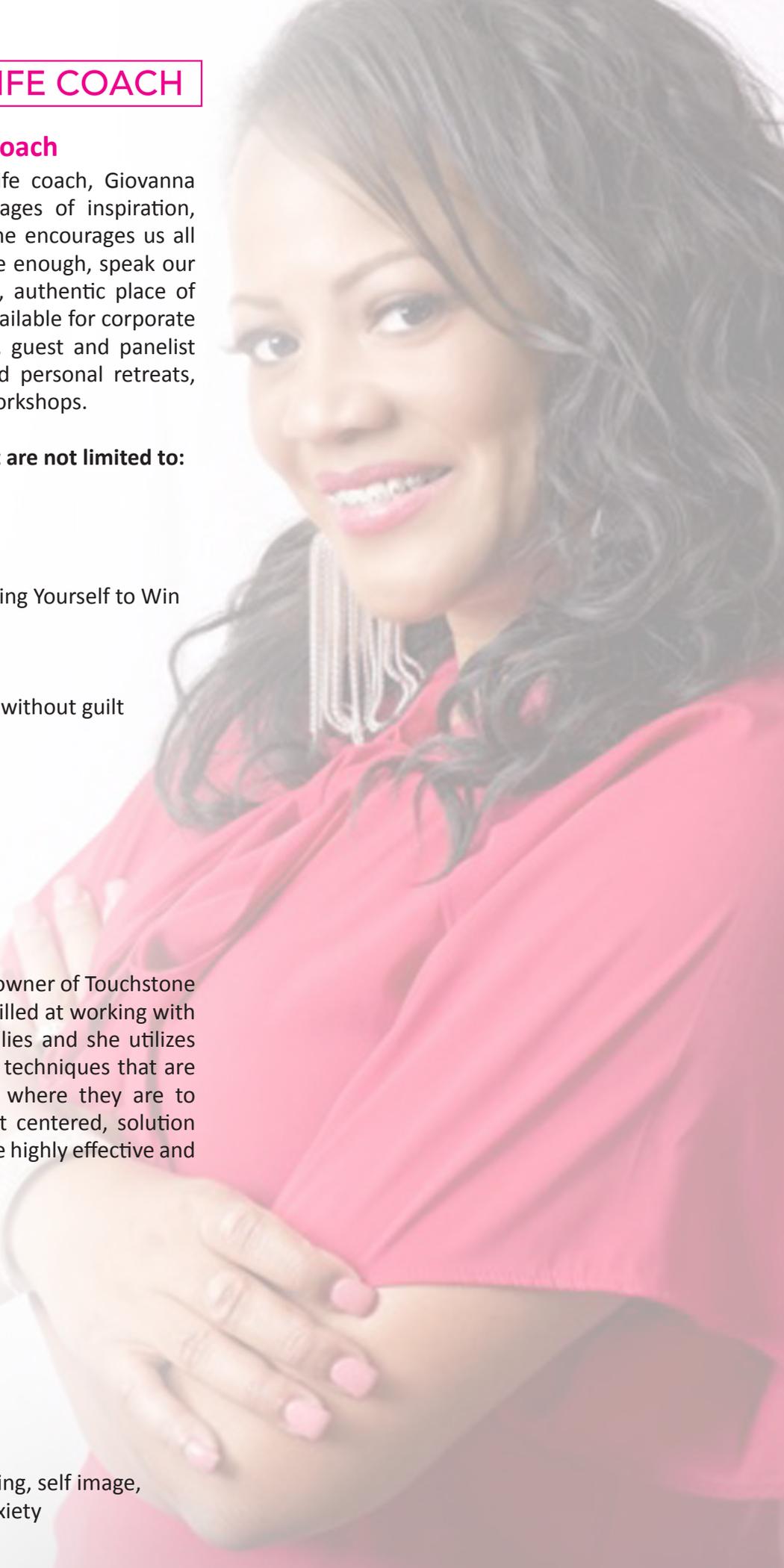
- You Are Enough
- Own Who You Are
- Speak Your Truth/Live Your Truth
- Overcoming Perfectionism
- Overcoming Self Sabotage and Allowing Yourself to Win
- Self Love and Self Acceptance
- Forgiveness & Letting Go
- Work/Life Balance
- Boundaries and the Art of Saying No without guilt
- Daddy Issues/Mommy Issues
- Healing “The Angry Black Woman”
- The Superwoman Syndrome
- Learning to be Strong and Feminine
- Releasing Emotional Baggage
- Self Esteem & Self Image
- Communication & Problem Solving

Giovanna the Psychotherapist

As a licensed psychotherapist and the owner of Touchstone Counseling & Coaching, Giovanna is skilled at working with adolescents, adults, couples and families and she utilizes a variety of evidence-based tools and techniques that are designed to help clients move from where they are to where they desire to be with a client centered, solution focused approach that has proven to be highly effective and transformational.

Specialty Areas:

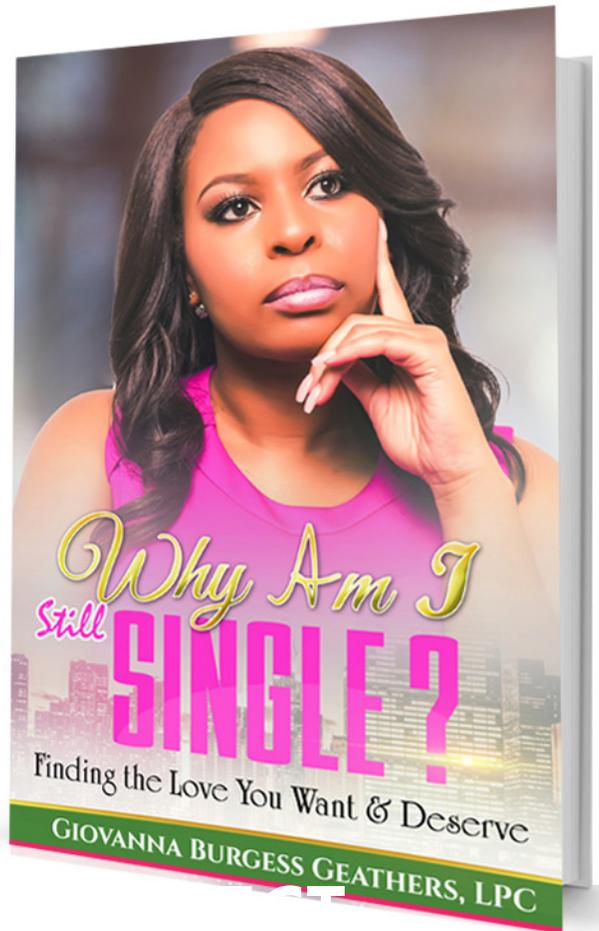
- Depression/Bipolar Disorder
- Anxiety/Panic Disorder
- Self Image/Body Image
- Trauma
- Sexual & Physical Abuse
- Anger Issues
- Grief & Loss
- Rejection & Abandonment
- Adolescent Issues: self esteem, bullying, self image, body image, depression, & social anxiety



AUTHOR

Have you been asking yourself the question, *Why Am I Still Single?* Do you find yourself repeatedly dating the same types of men over and over again? Are you smart, successful, independent and yet still single and searching for love? Are you tired of settling for less than you what you truly want and deserve in your relationships? Have you felt like giving up on your happily ever after?

Why Am I Still Single is the long awaited self help book on relationships by author, life coach, speaker, radio talk show host, and licensed psycho-therapist, Giovanna Burgess Geathers. In this book, Giovanna helps you to discover what may be holding you back from finding the love you want. It also teaches you how to identify your unhealthy relationship and dating patterns as well as how your past issues and experiences may be directing and determining your current decisions and behaviors. Written from a practical, spiritual and psychological perspective, it is a combination of the author's experiences, theoretical knowledge and insight as she seeks to help women gain a deeper understanding of their relationships with men, with others, but most importantly, with themselves.



What Readers are Saying....

Life Changing...

Let me be honest about the ignorance & pride in me of what I said about this book before reading it. I said, " I'm still single because God has not sent him yet" Lol! Ladies this book is a MUST read and will have you putting down your pride & humbling yourself to take accountability of why you are really still single. This book made me see that my thoughts of "yeah I'm ready" are now "uh oh, I have some more preparing to do". I have different eyes now!!! I am forever grateful of the insight, wisdom, and knowledge that I have received from this book. It was such a blessing & life-changing that has helped with some of my healing. I've changed some views and my mind and how I think daily. Thank you so much Giovanna for your obedience in writing this book. Excited to see "What's NEXT!"

— Evora B.

I couldn't put it down...

I read this book and could not put it down. I think this book will open a lot of eyes and inspire both women and men to look within. The author did a great job of giving real examples and her own life trials to put everything in perspective. I encourage you all to read this book! It will change your life!

— Unknown

AUTHOR GIOVANNA GEATHERS

TALK SHOW HOST

Heart & Soul



Inspiration | Motivation | Transformation | Elevation

PAST SHOW TOPICS:

- Daddy-less Daughters and Fatherless Sons
- Mommy Issues
- Breaking Unhealthy Relationship Patterns
- Why Do Good Girls like Bad Boys?
- Breaking Unhealthy Soul Ties
- Men & Emotional Baggage
- Breaking the Silence on Domestic Abuse
- Being Good Enough
- Overcoming Self Sabotage and Allowing Yourself to Win
- Free from Perfectionism
- Motivation

Giovanna is the host of The Heart & Soul Radio Show and The Heart & Soul Facebook Live Show. The Radio Show airs on Rejoice 96.9FM in Upstate SC at 10am on Saturday mornings. Listeners outside of Upstate SC can catch the live stream at rejoice969.com. Rejoice 96.9 is the fastest growing radio station in Upstate SC reaching a target audience comprised of 65-70% of employed women aged 25-54. Giovanna also hosts The Heart & Soul Facebook Live Show which airs the second and fourth Tuesdays of the month from September through May. The one hour interactive show focuses on a variety of topics and issues related to family, interpersonal relationships, personal development and empowerment, and mental and emotional health and healing. As a licensed therapist, speaker, and life coach, Giovanna brings a wealth of knowledge, insight and practical information to listeners and viewers while also encouraging their participation and engagement. Future plans for the Heart & Soul Show include live remote broadcasts and community forums.

SHOW FEATURES:

Motivational Moments - Giovanna offers weekly motivational insights

Did you Know? - Giovanna shares an interesting fact related to the show's topic or overall mission and purpose of the show

"Doing The Work" Weekly Assignment - This is when listeners are assigned "homework" that allows them to apply what they have learned in practical, life changing ways.

Giveaways - Listeners can win books, products, show tickets, and other prizes

Show Co-Host - Listeners have the opportunity to "co-host" for the day in studio

Guest Interviews - Giovanna will feature local, national and even celebrity guests via phone and in studio to share their feedback and insight on a particular show topic.



CONNECT WITH GIOVANNA



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www.giovannageathers.com www.touchstone-counseling.org

NEWS/MEDIA:

HuffPost Article

Rolling Out Magazine

Glambitious Magazine Cover—December 2017

Sheen Magazine Author's Spotlight

Named as one of Sheen Magazine's Top Women to be on the Lookout for in 2018

Courageous Woman Magazine-February 2018

**Giovanna has been a guest and panelist on several national podcasts and radio shows*