

# Cheryl NYAHRA Gittens



- Certified Master Coach
- Speaker
- Seminar Leader



**Change your mind.  
Change your life.**

## Cheryl Nyahra in a Nutshell

Cheryl 'Nyahra' Gittens is a Caribbean life coaching pioneer, counsellor, seminar leader and speaker who has helped hundreds to get past their pain to step into their power and passion. She has shared the stage with Dr Stephen Covey and has been commended by Les Brown as a coach who genuinely wants to help people. Cheryl is the creator of Connect With Your Passion®, DreamTeen® Barbados, Master Me Inc., Career Reboot Camp and 20|20 Mastery Club®.

Cheryl is a powerful, authentic, fun and inspiring speaker. She lets you into her story of overcoming major pain in her life: divorce, the death of her parents, job-loss, overweight and a health alert. With massive mind-set changes, discipline and an outrageous commitment to her well-being, Cheryl cultivated the power to overcome. Today, Cheryl's message and life are enriched by her commitment to mastery. Cheryl helps her clients to take charge of their lives with one simple belief: "When you change your mind, you change your life." Her singular wish is to hear her clients say, "I can actually change my life." She then supports and challenges them to master their minds, live their passion and express their essence and power without excuses.



**I can tell  
that Cheryl **GENUINELY**  
wants to help  
people.**

- Les Brown,  
#1 International  
Motivational  
Speaker

**Dr. Stephen Covey,**  
Author of 7  
Habits of Highly  
Effective People -

## My Hot Topics

- You are Unstoppable!
- Know Your Value
- From Pain to Power
- Unmasking Imposter Syndrome
- Connect With Your Passion and Reboot your Career

**Cheryl, you and I  
are on the same page  
when it comes to  
**PASSION.****



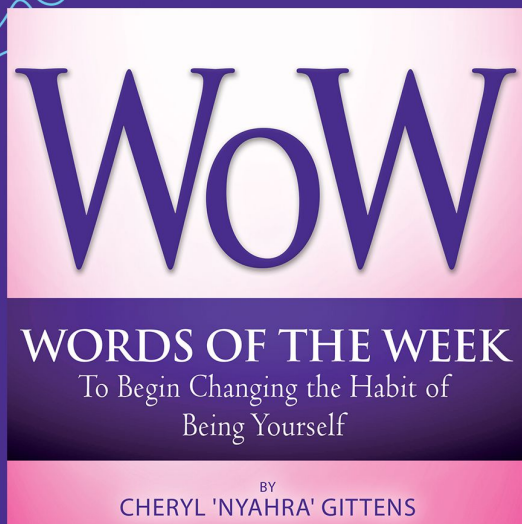


# Cheryl Nyahra on Stage

- Junior Chamber International
- Optimist International Barbados Clubs
- Kiwanis Clubs
- Rotaract (Rotary Junior Clubs)
- Bank of Nova Scotia's Bank on ME
- Royal Bank of Canada
- International Coach Federation break out group Session

## My Awesome Clients

- Cheryl challenges you to walk your truth. She has an uncanny ability to **CONNECT TO HER AUDIENCE** which immediately puts you at ease. She personally coached me to develop greater self-awareness, confidence and impact; helping me to drive the success of various organizations.
  - Diana Myrie, Financial and Retirement Advisor, Scotia Bank, CANADA.
- After seeing Cheryl speak at an event, I immediately signed up for her coaching. Her penetrating questions helped me **RELEASE LIMITING BELIEFS**; and to smoothly transition my life.
  - Basil Springer, Consultant - TRINIDAD & TOBAGO.
- Cheryl is an engaging, dynamic speaker you will fall in love with. As an opener for Dr Stephen Covey, Cheryl dominated the stage with her **POWERFUL MESSAGE**, 'Looking Back into the Future. Dr. Covey even kept referring to her speech during his. Cheryl's story compels you to change your life. She knows what it is to be knocked down and how to rise again.
  - Paul Ashby, CEO, SigniaGlobe - BARBADOS



## Author

- Wow - Words of the Week to Begin Changing the Habit of Being Yourself
- Connect With Your Passion CD

## Appeared On and In

- CBC TV8 Morning Barbados and Chat Room
- VOB 92.9
- Smoothe Mixx™ for the Entrepreneurial Soul CD
- Easy Magazine
- Barbados Business Authority
- Barbados Business Catalyst

# Book Me

## To Book Cheryl, Visit

- 🌐 <https://bit.ly/AppointyCherylNyahra>
- 📞 **Call:** 1 (246) 262-3853

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