Thanks for connecting!

They say that our moms had “Dear Abby” and we have “Dear Abiola.”

I say that as the Midwife for Your Inspired Life, my calling is to help you to tune into your calling, using sacred practices, soulcare, skills, and strategy.

I do this as an empowerment coach, transformational speaker, international retreat leader, award-winning author and a Spiritpreneur™.

As a motivational, inspirational, transformational speaker and empowerment coach, I have given keynote addresses worldwide.

This is my passion.

I look forward to speaking with your group about living an empowered life.

I am here for you. Please get in touch.

Passionately yours,

Abiola

Abiola Abrams
GLOBAL EMPOWERMENT SPEAKER, AWARD-WINNING AUTHOR
AND MASTER COACH

Prepare Your Audience

Abiola’s talks include an interactive blend of soulcare, skills and strategy — with a healthy dose of activism and inspirational storytelling. Audiences of all ages, cultures and genders have been moved to tears, laughter and ACTION all the way.

Ready to Empower Your Group?
For speaking engagements, contact Abiola’s speakers’ bureau:

American Program Bureau, Inc. 313 Washington Street, Suite 225
Newton, MA 02458 617.614.1600

Visit APB’s speakers bureau contact page to request Abiola’s availability.

OR Just email: business@abiolaabrams.com
Abiola’s Key Personal & Professional Empowerment Topics

• Overcoming Fear
• Self-Love, Self-Esteem, Self-Acceptance
• Finding Your Voice, Answering Your Calling
• Rock Your Business, Your Way
• Healing Love, Healing Relationships
• Your Body Image Issues: Emotional Healing
• Race & Gender Issues: Healing the Wounds
• This Is What A Feminist Looks Like
• Sacred & Brazen! Feminine Power

Previous Inspirational Talks


Sacred breakthrough coach, speaker, and writer Abiola Abrams was born to empower women to transform their lives. The award-winning author of “The Sacred Bombshell Handbook of Self-Love” gives advice and produces media about self-worth, healthy relationships, and how to live with joy and passion. Abiola has been a featured columnist on prominent sites from Essence to Match.com.

In addition, Abiola is a recurring self-esteem, love, and lifestyle guru on talk shows like the CW Network’s “Bill Cunningham Show” and documentary TV like MTV’s “Made.” Black Enterprise Magazine named her self-development blog which hosts her award-winning web series, one of the top African American lifestyle blogs. She also reported on celebrity relationships and personal issues as a BBC Radio entertainment correspondent.

Abiola gives keynote speeches on empowerment at schools and conferences. Abiola has also hosted lifestyle TV shows on networks from BET to NBC. As a social experiment the lifestyle journalist went undercover to star as “Miss Picky” on VH1 matchmaker “reality” series “Tough Love.” As a part of her ongoing safe sex education initiative she directed the award-winning and critically acclaimed feminist erotica art film, “Afrodite Superstar.” Her social issues short films and documentaries about race, gender and relationships have been shown in festivals, museums and universities from Berlin to New York City. She created and curated the Chashama Gallery Manhattan exhibit “Hos, Putas and Dragon Ladies: Our Sexuality Remixed,” “The Goddess Factory” at Rush Arts and VDay’s “Until the Violence Stops Film Festival” at the Museum of The City of NY and the Museum of TV and Radio.

“Dare” (Simon & Schuster), a hip hop love story, Abiola’s popular debut novel was taught at Amherst College. Her provocative writing has been published in anthologies such as Behind the Bedroom Door, Dirty Words, Say Word: Voices from Hip Hop Theater and Eve Ensler’s A Memory, A Monologue, A Rant and A Prayer. Abiola talks dating, self-worth and lifestyle in documentaries such as Michael Baisden’s “Do Women Know What They Want?,” Therese Shechter’s “How to Lose Your Virginity” and “In Our Heads About Our Own Hair” directed by Hemanset Angaza and PBS-funded “Black Folks Don’t.

Abiola Abrams is a certified NLP life wellness coach, has a BA from Sarah Lawrence and an MFA from Vermont College of Fine Arts. Abiola’s first professional project after college was writing and starring in “Goddess City,” the first recognized hip hop theater play. The show covered women’s issues around love and self-esteem and won her Cosmopolitan Magazine’s Fun, Fearless, Female Award. Abiola's been living juicy and inviting her sisters along ever since. Are you in?
Suggested Booking Calendar

Martin Luther King Day of Service (January)
V-Day Empowerment Celebrations (February)
Black History/Heritage Month (February)
International Boost Self-Esteem Month (February)
Black AIDS Day (February 7)
National Condom Week (February 14)
Women's History Month (March)
International Women's Day (March 8)
National Women and Girls HIV/AIDS Awareness Day (March 10)
Spring Equinox (March 20)
National STD/STI Education Month (April)
Sexual Assault Prevention & Survivors Month (April)
World Health Day (April 7)
Josephine Baker Day (May 20)
Take Back The Night (March-June)
Juneteenth (June 16)
Summer Solstice (June 20)
Caribbean American Heritage Month (June)
LGBT Pride Month (June)
New Student Welcome Week & Orientation (September)
Campus Safe Sex (September)
Autumnal Equinox (September 23)
International Self Awareness Month (September)
International Day of Non-Violence (October 2)
National Family Sexuality Education Month (October)
Breast Cancer Awareness Month (October)
Coming Out Day (October 11)
Love Your Body Day (October 16)
National Bullying Prevention Month (October)
International Girls Day (November 14)
Rosa Parks Day (February 4 or December 1)
World AIDS Day (December 1)
Human Rights Day (December 10)
Winter Solstice (December 21)