



Tyra LANE-KINGSLAND

Founder of **INSPIRED**
Life

Transformational Speaker
Holistic Lifestyle Coach | Author

Tyra Lane-Kingsland is the Founder of Inspired Life, a wellness brand committed to empowering women to live well in the mind, body and spirit. A speaker, holistic health coach and author, Tyra's dynamic presentations, coaching programs, and books equip women to apprehend overwhelm, nourish the body, nurture the spirit and to parent with purpose. It is her assertion that holistic health is achieved only when one cultivates the mind, the body and the spirit as the three are inextricably linked.

In addition to speaking, Tyra is a blogger and contributing writer for iBelieve and Beloved Women. As a mom of six, Tyra holds the role of Mother in the highest regard and serves as the director of a moms group at her local church. An attentive wife, Tyra is happily raising her family alongside her college sweetheart.

Holding a Health Minister Certification from Wesley Theological Seminary and having been recognized as a Competent Communicator with Toastmasters International, Tyra is on a passionate pursuit to see you LIVING FULLY!

The Renewed Mind Does your thought life have you enslaved to the past or fearful of the future? Peace and abounding joy are available to you when you stop living in the past or dreading the future. Gain practical strategies for renewing the mind by embracing the now moment.

Walking In Wholeness No matter our individual life goals, we all want to be whole; complete persons with nothing missing and nothing broken. But to be WHOLE requires nurturing the mind, the body and the spirit. To neglect one is to neglect them all. Treat the totality of who you are and walk boldly in wholeness.

The Well Nourished Body Do you treat your body like a temple or a trash can? Walking fully in purpose requires that you are well in your physical body. Learn my three pronged approach for building and honoring a body that is conditioned and equipped to carry you to your destiny.

Living In Exceeding Abundance God desires to do exceedingly abundantly above in your life but there's a prerequisite. God's promises have requirements with the chief one being obedience. Step into exceeding abundance God has for you with your swift, cheerful YES to Him.

Parenting is Heart Work! To reach a child's heart, adults must first examine what's in their own hearts. When the adult's heart has been transformed, they are then free to give children the love they need and deserve. It starts with you. Change your heart so you can reach theirs.



Past Clients



The Family Academy

Tyra's high energy presentations evoke transformation in participants. With her unique blend of passion, enthusiasm, wisdom and storytelling, Tyra's messages are relatable and resonate deeply with the audience. Participants walk away challenged, equipped and ready to implement!

@inspiredfully



www.inspiredtolivefully.com
info@inspiredtolivefully.com
571.206.4984

"Tyra's unique style and years of personal experience make her presentations relevant and impactful." ~Dr. Celeste Owens, DCOM

