

Donna Lavill

Wellness & Motivational Speaker, Coach & Mentor

Donna Lavill, a biracial, bisexual cis-gendered woman, embodies the triumph of resilience over adversity. Born in the UK and raised by adoptive parents who later relocated to Australia, Donna grappled with feelings of cultural alienation. Her unique intersectional identity fuels her ability to connect with and advocate for diverse communities.

Donna's life journey was marked by traumas such as loss, sexual assaults, discrimination, bullying, and divorce, leaving deep emotional and physical scars. But she refused to succumb to these challenges. Donna confronted her inner demons, including her ANTs (automatic negative thoughts) and self-limiting beliefs, and emerged stronger.

Drawing upon her diverse career experiences, including trauma surgical nursing, teaching, acting, and singing, Donna developed potent techniques for personal growth and resilience. Her transformative best-seller, "See You Reclaim You Be You – A Badass Guide to Getting Out of Your Own Head and Mastering Your Life" encapsulates these insights, inspiring audiences to harness their inner strength. Donna's powerful storytelling and practical wisdom resonate profoundly with those seeking authenticity and meaning in their lives, demonstrating that overcoming adversity is possible for everyone.



Donna is available to speak about smashing ANTs to unlock your true potential and live your badass dream life and a variety of further topics such as these:

1. Embrace Your True Self:

- Transform negative thoughts and self-limiting beliefs into positive affirmations.
- Harness introspection and self-reflection to discover your authentic self.
- Embrace vulnerability and authenticity as catalysts for personal growth.

2. Reclaim Your Inner Power:

- Overcome ANTs and self-doubt to unleash your potential.
- Cultivate self-confidence, self-worth, and resilience.
- Empower yourself to bounce back from setbacks and challenges.

3. Foster Deeper Connections:

- Establish healthy boundaries to enhance your well-being in relationships.
- Develop effective communication skills to forge meaningful connections.
- Build a supportive network aligned with your values.

4. Live a Purpose-Driven Life:

- Identify your passions and align them with your life's purpose.
- Set actionable goals to turn your aspirations into reality.
- Embrace mindfulness and gratitude to create a fulfilling and purpose-driven life.



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