

Delivering inspiration,  
innovation and results



# Symonia Montgomery

SPEAKER | AUTHOR | LIFE COACH | NATIONAL POET | WORKSHOP LEADER | RETREAT HOST

**Symonia Montgomery** is a woman with a passion to empower others to learn, heal and grow. As a motivational speaker, author, certified life coach, business owner, national poet, spoken word recording artist, and founder of the Non-profit organization Girl Me Too. Symonia uses every platform within her reach to effectively impact change. She believes in telling people what they need to hear, not what they want to hear. So, with a loving but stern disposition she pushes people beyond their comfort level into their greatness. Symonia has been featured on television, in magazines, newspapers, on the radio, speaker at the truth about love tour with Stephen Speaks, Fusion: A blend of poetry and music with Malcom Jamal-Warner and appeared in countless anthologies. She is the author of “Absolutely You: Your guide to self-healing”, Co-Author of Soulful Prayers 2 and has 8 other published works under her belt. Symonia currently hosts a women’s retreat, youth oratorical contest, gifts the Rosie Williams Scholarship, and gives 3 different empowering Awards all yearly. She believes helping others is a gift that keeps on giving. This mother of two has a bachelor’s degree in Accounting and a master’s degree in Strategic Management with a focus in finance.



## Testimonials

“Symonia Montgomery brings a powerful twist to her presentation. Combining her poetry with her body of expertise to deliver a message that meets the immediate need of the audience.”

-Stephen Speaks, The Truth About Love Tour

“Symonia’s passion for helping others heal is ever present in every word she speaks. It takes an extraordinary person to teach you how to turn rotting lemons into lemonade, but that’s just what Symonia did for our students.

-Debra Love, former high school principal

“Symonia speaks with a boldness that makes you pay attention. She goes deep without losing you in the process. I walked away with a new prospective.”

-Latasha McCrary, Esquire

“During the National Girl Me Too Day Convention, Symonia empowered me to further my reach in empowering others. Because of her I am standing in expectation every day.”

-Tina Lewis, DV Survivor



## Speaker Topics

- Sexual Assault Prevention
- Surviving Sexual Assault
- Domestic Violence Awareness
- Child Abuse (sexual, physical and emotional)
- Mental Health
- Suicide Awareness
- Surviving Suicide
- Healing Past Trauma
- Dealing with PTSD
- Stepping into your Destiny
- Standing in Expectation
- Youth Empowerment

## Contact Information



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