

SPEAKER | AUTHOR | AUTHENTICITY COACH

# ANGEL CHARMAINE

LIVING. WRITING. SPEAKING. UNFILTERED.



## MEET ANGEL CHARMAINE

Angel Charmaine Wright is a speaker and author who brings honesty, depth, and authenticity to every stage and page. She is known for her unfiltered approach to storytelling, using her own lived experiences to create meaningful conversations that invite reflection, healing, and growth.

She does not come offering easy answers or prepackaged solutions. Instead, she holds up mirrors through her words, helping audiences see themselves with greater clarity and compassion. Her speaking style is straightforward, warm, and deeply human, making her a powerful presence in both intimate settings and larger platforms.

With a background as an educator and a mother of four sons, Angel Charmaine speaks from a life fully lived, with lessons earned through resilience, self-discovery, and an unwavering commitment to truth. Whether through her books or her live presentations, she challenges people to stop running from their stories and start living them honestly.

Angel's voice resonates with audiences who are tired of surface-level conversations and are ready for something real. She lives, writes, and speaks unfiltered - inviting others to do the same.

***I don't give maps. I hold up mirrors. - Angel Charmaine***

**Let's Connect**

 **@angel.charmaine**

# SIGNATURE KEYNOTE TOPICS

## **Living Unfiltered: The Power of Showing Up as Your True Self**

In a world that rewards image over authenticity, Angel Charmaine challenges women to stop editing themselves to fit expectations. This keynote explores what it means to live unfiltered—to lead, love, and succeed as your full self without sacrificing excellence or peace. Audiences will leave empowered to choose truth over performance and connection over appearance.

## **When Strength Is Not Enough: The Hidden Cost of Always Holding It Together**

Many high-achieving women carry invisible burdens behind their success. In this keynote, Angel holds up the mirror to show how "being strong" can sometimes be a mask for silent struggles. She invites women to redefine strength—not as carrying everything alone, but as living truthfully, vulnerably, and powerfully connected to their real selves.

## **Redefining Success: Achieving Without Losing Yourself**

### **Description:**

Success is often measured by achievements, titles, and milestones. But what happens when you reach the goals and still feel unseen? In this keynote, Angel shares how high-performing women can maintain their ambition without losing their authenticity. Audiences will be challenged to build lives and careers rooted in real alignment, not external validation.

# WORKSHOP SESSIONS

## **Unmasking the Performer: A Workshop for High-Achieving Women**

This interactive session helps women recognize where they may be living for approval rather than authenticity. Through guided reflection and conversation, participants will identify personal performance patterns and create a blueprint for showing up more honestly in both their personal and professional lives.

## **The Mirror Work: Reflective Practices for Authentic Growth**

Real growth begins with real reflection. This workshop introduces participants to "mirror work" - practical techniques and journaling exercises designed to help women confront their truths, celebrate their real wins, and navigate personal realignment with compassion and clarity.

## **From Surviving to Thriving: Building a Life You Don't Have to Escape From**

This session walks women through recognizing survival-mode patterns (even among successful achievers) and introduces strategies for building a sustainable, soul-aligned life. Participants will leave with actionable steps to shift from "making it through" to living with purpose, passion, and peace.



## WHAT I BRING TO THE STAGE

I use storytelling and speaking to hold space for women who are ready to live and lead from a place of authenticity. I do not come with formulas or quick answers. I come to tell the truth about my own journey, and through that transparency, I invite other women to confront and embrace their own truths. Through reflective storytelling and real conversation, I walk alongside women who are tired of performative living and those who want to keep achieving at a high level, but this time as their true selves. I help women integrate their strength, ambition, and authenticity without apology.

## WHO MY WORK CONNECTS WITH

I serve high-achieving women who have spent years carrying the expectations of strength, success, and leadership yet quietly long to be seen and known for who they truly are. My audience is made up of thoughtful, heart-centered women who are ready to move beyond image management and into deeper, sustainable authenticity. They don't come seeking motivation. They come seeking freedom and the space to live, love, and lead unfiltered.

**Stay Connected**

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