



*LeNaya Smith  
Crawford*

**HEAL LEARN GROW**

**LICENSED THERAPIST. HOLISTIC HEALER.  
INTERNATIONAL TEACHER. WELLNESS CEO.  
MENTAL HEALTH AND WELLNESS EXPERT.**



**AS SEEN IN:**

The New York Times

**IHUFFPOSTI**

VoyageATL

**healthline**

**MANTRA  
WELLNESS**

**askmen<sup>+</sup>**  
BECOME A BETTER MAN

**ESSENCE**

# MEET LENAYA

LeNaya Smith Crawford is a Licensed Therapist, Holistic Healer, Mental Health Expert, and Wellness Entrepreneur who is on a mission to make Holistic Healing accessible, inclusive, and relatable.

LeNaya specializes in Holistic Mental Health and Healing, which she defines as “the return to wholeness through integrating practices of the mind, body and spirit.” With over 10 years of experience in the Mental Health and Wellness space, LeNaya takes a Science and Soul approach to healing and is passionate about helping her community HEAL, LEARN, and GROW.

She earned her Bachelor’s degree in Psychology with honors from The Spelman College and holds her Master’s in Marriage and Family Therapy with a certification in Trauma Therapy. Additionally she is an advanced certified Yoga, BreathWork, and Meditation Guide (ERYT-500), Trauma Informed Facilitator, Sound Healer, and International Teacher.

LeNaya is the creator of The Holistic Therapist™ Academy, and The Healers Circle™. She is also the Founder and Clinical Director of Kaleidoscope Family Therapy + Holistic Wellness, Co-Owner of Seviin Yoga + Yoga School, and Co-Founder of Therapy For Black Families Inc. in Atlanta, Georgia.



## ABOUT THE BRANDS

LeNaya is the CEO of a Global Holistic Mental Health and Wellness Company comprising several businesses and brands. She embodies the truth that Therapists and Healers can be multi-passionate.



**seviinyoga**

# OUR MISSION:

At LSC Inc. our mission is to bring the power of Holistic Healing to 1 million humans.

We are also on a mission to empower the Therapists and Healers who make this work possible, and advocate for their well being to be prioritized as they continue to help their communities heal.

At LSC we advocate for ALL people regardless of race, gender, religion or sexual identity, with an emphasis on Black Women and communities of color in order to honor the roots of the Holistic Healing practices we share.

We believe that God lives in all of us and the path to healing is a journey of rediscovering the God within.

We believe that in order to truly heal, thrive, and live in authentic power one must integrate ALL aspects of themselves: the physical, energetic, mental, emotional, spiritual and communal.

At LSC we strive to make healing, education, and entrepreneurship accessible, inclusive and authentic.



LeNaya is an interactive and relatable speaker and teacher who engages audiences with her holistic approach to mental health. Her down to earth and warm demeanor allows her to engage audiences in a way that makes them feel safe and nurtured while learning new skills for professional development and personal growth.

She is well-versed in the following areas: overcoming limiting beliefs, stress and burnout, work-life balance, mindfulness, holistic mental health, manifesting the life you want and so much more! LeNaya can also craft workshops and topics specific to your organization.



## SPEAKER TOPICS:

Overcoming Limiting Beliefs & Imposter Syndrome

Nervous System Regulation & Mindfulness

Holistic Mental Health & Healing

Self-Care & Preventing Burnout

Trauma-Informed Facilitation & Practices



# TEACHING & SPEAKING TESTIMONIALS:

“LeNaya's passion for teaching and the subject matter makes learning from her a pleasurable experience. The lecture style, presentations, and enthusiasm makes it easy to engage with her and the content. Everything was so informative it made the need to ask questions few and far in between but she was always willing to answer them if we had them. A great experience overall.”

“LeNaya has great positive energy which is why I jumped at the chance to do a class with her after seeing her as a guest speaker on another webinar. She has a calm and comforting way about her, and her language and cues are well informed to treat the population she is trying to heal. Her teaching style is very effective and safe.

“LeNaya’s teaching style was beautifully welcoming. The explanation, breakdowns, slides, and examples were explained in such a simple, peaceful and eloquent manner. Everything was so easily digestible and not overwhelming nor confusing. It left me wanting to learn more due to the energy and style she exhibited in her teaching”.



# HOLISTIC HEALING

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LeNaya has a unique approach to healing, as she is both Licensed Therapist and Holistic Healer with extensive training and experience in the several healing modalities:



YOGA



BREATHWORK



SOUND HEALING



MEDITATION



As a certified trauma therapist and trauma-informed facilitator, all of LeNaya's offerings come from a trauma-informed lens.



# HOLISTIC HEALING & FACILITATION TESTIMONIALS



“WORKING WITH LENAYA WAS EVERYTHING I DID NOT KNOW I NEEDED. SHE TARGETED THE WHOLE PERSON, MIND, BODY , AND SOUL. IT WAS VERY POWERFUL AND ENLIGHTENING. THANK YOU FOR PUTTING MY MIND AT PEACE AND GIVING MYSELF PERMISSION TO BE STILL. I AM FOREVER GRATEFUL.”

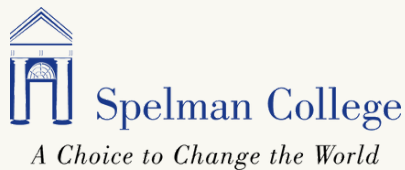
“LENAYA BRINGS A CALMNESS AND SOOTHING ENERGY THAT IS SIMPLY AMAZING! SHE HELPED ME TO RELAX AND FOCUS AT THE START OF THE DAY AND EXPERTLY CREATED A CONNECTION WITH US (EVEN THROUGH THE VIRTUAL PLATFORM, WHICH CAN BE DIFFICULT). IT WAS AN HONOR TO HAVE LENAYA’S GUIDANCE AS PART OF MY ROUTINE AND PATH TOWARDS MINDFULNESS AND RELAXATION!”



“LENAYA IS A SOUND BATH GODDESS! I EXPECTED RELAXATION AND PEACE. WHAT I GOT WAS A VISION! AS LENAYA SERENADED US, I GOT INSIGHT AND DEEP SPIRITUAL CONNECTION TO A BEAUTIFUL SOUL-FILLED MESSAGE I NEEDED TO HEAR AND CONNECT TO.“



# LENAYA IS A SOUGHT AFTER MENTAL HEALTH AND HOLISTIC WELLNESS EXPERT AND HAS WORKED WITH MANY ORGANIZATIONS.



INCLUSIVE THERAPISTS  
A SAFER, SIMPLER WAY TO FIND CARE



@lenayasmithcrawford





# ORGANIZATION TESTIMONIALS

INVITE ME TO SPEAK OR TEACH AT YOUR NEXT RETREAT, SUMMIT,  
CONFERENCE, FESTIVAL, CORPORATE EVENT OR PODCAST.

“Working with LeNaya is truly a treat. Every class she leads for our wellness company becomes a memorable moment that all participants treasure. She's exceptionally inclusive, delivers a challenging but fun workout, and inspires people with her effortless affirmations.”

**AESHIA - PRETTY GIRLS SWEAT, FOUNDER**

“LeNaya serves as the resident therapist for Buy From a Black Woman. As the resident therapist, she leads a monthly therapy session for Black Women Business Owners that has really help cultivate a safe space that has allowed for the Black Woman Business Community to grow. LeNaya is a true asset and we are grateful for her guidance in this community.”

**NIKKI PORCHER - BUY FROM A BLACK WOMAN, FOUNDER**

LeNaya Crawford was a brilliant teacher at NINE Retreat 2021. She brings innate wisdom, humility, scientific knowledge, encouragement, and patience to her practice. LeNaya made our community feel at ease and empowered; they left her sessions feeling strong and grounded. It was a sincere honor to have her lead us through meditation, sound healing, and yoga at a time when women needed it more than ever. We can't wait to invite her back!

**KYM - NINE, FOUNDER**

[Lenayasmithcrawford.com](http://Lenayasmithcrawford.com)



# Audience Reach

**25k** across all platforms

## STATISTICS



**2k**



**10k**



**10k**



**GET IN TOUCH**



[Lenayasmithcrawford.com](http://Lenayasmithcrawford.com)



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