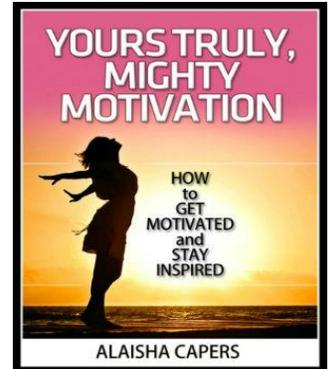


# Alaisha Capers

**The Chronic Illness Life Coach,  
Veteran, Author and Speaker**



Alaisha is a former Air Force Officer, Multiple Sclerosis Warrior, Life Coach, Author and Speaker. Her warmth, facts, humor and thought provoking style shine through each presentation empowering people to make long-lasting changes in their lives. She is an inspiration and a catalyst for positive change for those with chronic conditions such as MS, Lupus, Diabetes, Arthritis, Fibromyalgia, and more.



## PRESENTATION TOPICS & SPEAKER REVIEWS

### **Turn Your Adversity into the Advantage: Obtain What's Needed to Conquer Your Chronic Illness**

Life comes with a plethora of obstacles that we will encounter. You will explore how you can overcome the challenges you face when living with chronic illness on a daily basis and in the long run. You will be able to overcome what feels like insurmountable problems with a lot less effort and better success! Gain the knowledge, skills, and renewed confidence needed to conquer what impedes your improved health and

### **Have Your Burdens Left You Feeling Depleted? Learn the Tips and Tricks to Get You Motivated and Staying Inspired**

As an integral part of success, you must be inspired in all areas of life. This can feel especially difficult when you have a chronic condition. This presentation is about leveraging your own internal resources to create and boost your motivation as well as using external resources to inspire and motivate you in all areas of your life. Learn some of the most revitalizing methods to restore your energy and propel you into action!

### **Stressed to the Max! How to go from Barely Surviving to Thriving with Chronic Illness**

This presentation is for those who live stressful lives and are seeking a major transformation. Alaisha will uncover unconventional long term strategies and daily techniques to manage stress and the improve quality of your life despite your chronic condition. You will explore the manifestation of stress and how it appears in our lives. Also, you will explore effective coping strategies and techniques to combat stress. She will not only provide new ideas on living stress free but offer guidance on how to escape what's holding you back.

"Alaisha exhibits an amazing knack for being able to communicate complex topics in a way that is easy for her audience to comprehend. Her energy and candid feedback make her an excellent communicator for a variety of audiences. She is a pleasure to work with and will tackle any challenge she is faced with."

~ **Colleen Jones, Toastmaster's International USAID**

"Your presentation was well received by the group, based on comments after the meeting. You kept the group focused with discussion of how we manage stress and calm ourselves. The meditation demonstration was very effective!"

~ **Julia Shepherd, Multiple Sclerosis Support Group Leader**

"Alaisha's broadcasts are amazing! Her openness and authenticity allows others to connect with her in a special way. She's knowledgeable, inspiring, uplifting, and a natural entertainer. Alaisha is undeniably the guest speaker people need and want at their event through any means of communication - broadcasts or otherwise. I look forward to seeing her continue to take the mic [microphone] by storm."

~**Heidi Jones, Wellness Coach and Broadcast Mentor**

**Washington D.C. Metropolitan Area - [www.alaishacapers.com](http://www.alaishacapers.com)  
@alaishacapers on Facebook, Twitter, LinkedIn, Instagram, Google Plus, Skype.**