



LYNN MEYER

Licensed Professional Counselor and
Certified Clinical Trauma Professional

Lynn Meyer

is a Licensed Professional Counselor and Certified Clinical Trauma Professional with two decades of successful experience in transforming the lives of families and individuals. Lynn specializes in working with women of color who have experienced sexual and physical abuse. A strong believer in the power of positive thinking and creating the life you desire and deserve, Lynn regularly develops internal wellness practices, simple transformative programs/services to help guide women with effective mental health techniques.

Lynn's mission is to help women heal trauma, embrace femininity, and feel safe and sexy in their bodies and emotions. She believes that every woman can be happy, whole, confident, and authentically dope. Healing, restoration, and transformation is the framework Lynn uses because it teaches women that these are all possible. This framework greatly influences the soul of every woman Lynn coaches.

For over 20 years Lynn has been empowering, inspiring and motivating women to become and Choose H.E.R. She believes that all women are wonderfully and beautifully made with purpose. Lynn has been the guest speaker for multiple organizational events, conferences, summits, podcasts on topics such as purpose, normalizing emotional healing & inner healing, overcoming limiting beliefs, and creating the life you want.

Lynn has been an entrepreneur since 2017, loving the freedom and autonomy in which she serves her clients. Author of three books *No More: When Being a Victim of Sexual Abuse is No Longer An Option*, an Interactive Journal to the book's title, and a workbook titled *No More Excuses: Let's Heal for Real*. Lynn is also the proud wife to Philip Meyer and mother of five children.

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She is a mentor, an emotional healing coach and Founder/President of a non-profit organization I Choose H.E.R. She received her Master of Arts in Professional Counseling and has continued her personal and professional development in the field of mental health.

Lynn enjoys volunteering, community service, serene places with water, hosting parties, eating tacos, listening to music, watching movies with family, but her most favorite thing to do is being wrapped up in a blanket and reading a book or just being quiet and doing nothing.

Ready to live and no longer exist, experience love, become unstoppable, and you want to work with a powerhouse that will lovingly encourage you to want more, than Lynn Meyer is your person.

LYNN Meyer

The HRT Coach

LET'S
CONNECT!

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