

BOOK MEDIA KIT

ALYSHA PRICE





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"My co-parenting journey took me through the depths of reflection, but I emerged on the other side as a stronger woman, a nurturing mother, and a true friend to my co-parent. Through our trials and tribulations, I discovered the power of self-growth, forgiveness, and compassion. I learned that by embracing my own transformation, I could positively impact my family. Today, I stand tall, radiating love and understanding, ready to support and uplift others on their own journeys of self-discovery and co-parenting."

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ABOUT THE BOOK

Looking for realistic strategies to navigate the obstacles of co-parenting? Look no further! In this invaluable guide, Alysha Price, your new best friend and co-parenting expert, provides the support, insight, and strategies you need to thrive in your co-parenting journey. Designed to support single mothers, this book goes beyond surface-level advice and takes you on a deep self-exploration. Alysha understands the challenges and complexities involved in coparenting, and she's here to help you forgive your parents, yourself and your co-parent, while maintaining an upbeat, positive, and sometimes comedic tone.



TABLE OF CONTENTS

01 Who is this for?

02 The Co-Parent Coach

03 Speaker Topics

04 Press Clippings

05 Author Biography

06 Biography Continuation

07 Booking Details

08 Alysha Price

This book is for the resilient single mothers who are tirelessly striving to be the best mothers they can be, despite the challenges that come with navigating co-parenting. It is for those strong women who find themselves on the rocky landscape of parenting across households, where dealing with new partners, coordinating schedules, and managing emotions can be overwhelming. This book recognizes their unwavering determination to provide their child with the life they might not have never had, and it aims to support them in removing the obstacles that may hinder their child's future growth and healing. Through these pages, the reader will find guidance, insights, and practical strategies to navigate the complexities of co-parenting, heal emotional wounds, and foster a peaceful and cooperative relationship with their child's father.

Within the books sections, Alysha acknowledges the emotional turmoil a mother may still be experiencing. The journey of healing and finding common ground with their child's father is not an easy one, and it is completely normal for emotions to run high. This book provides a safe space for the reader to explore her feelings, gain clarity, and develop effective strategies for managing and transforming those emotions. Alysha delves into the depths of forgiveness, communication techniques, and family values, empowering mothers to rise above the challenges and create a cooperative co-parenting dynamic that benefits both them and their child.

WHO IS THIS FOR?



THE CO-PARENT COACH

HELPING WOMEN
TRANSITION FROM SINGLE
MOMS TO SAVVY MOMS



SPEAKER TOPIC 1

Co-Parenting Strategies for Single Moms: Navigating the Journey with Confidence

In this engaging and informative presentation, our speaker draws from her personal experiences as a single mom and the insights gained from her book on co-parenting. She offers practical strategies and valuable advice to empower single moms in their co-parenting journey. Oftentimes moms feel alone in what they are experiencing; Alysha facilitates open dialogue and doesn't shy away from questions concerning her own personal experiences. From effective communication techniques to managing conflicts and fostering a positive co-parenting environment, attendees will gain the tools and knowledge needed to navigate the challenges of co-parenting with confidence and create a supportive environment for their children.



SPEAKER TOPIC 2

Women Empowerment: Unleashing Your Inner Strength and Embracing Your Potential

This inspiring and empowering talk is designed to ignite the inner fire within every woman. Alysha's journey was marked by numerous adverse childhood experiences that could have easily hindered her chances of success. However, she defied all odds and emerged as a shining example to other women, proving that one's past does not define their future. With unwavering determination, she rewrote her story, refusing to let the darkest chapters dictate her destiny. Now, she passionately shares her heartfelt message of resilience and triumph, empowering women to seize control of their own narratives. Her story serves as a powerful reminder that we have the power to shape our own endings. Attendees will leave inspired, embracing their inner strength and eager to create a future filled with hope and possibility.



SPEAKER TOPIC 3

Empowered Communication: Unleashing Your Voice as a Single Mom/Woman in Work and Life

In this enlightening and practical talk, Alysha focuses on the essential skills of effective and assertive communication. Drawing from her own experiences and research, she guides single moms/woman on the journey to articulate their non-negotiables and stand firm on their values, both in personal and professional settings. Attendees will learn powerful communication techniques to express their needs and boundaries with clarity and confidence. Alysha explores how these crucial communication skills seamlessly translate into the workplace, enabling single moms/woman to navigate professional environments with grace and assertiveness. Woman will discover their authentic voices, learn to communicate effectively and assertively, and gain the confidence to advocate for themselves and their families. With these newfound skills, they will be equipped to create a fulfilling and balanced life, both within and outside the workplace.





PRESS CLIPPINGS

FEATURED IN



VIEW CLIP OF 4 TIPS FOR
CO-PARENTING

VIEW STORY ON FORBES

VIEW CLIP OF LOVE &
MARRIAGE HUNTSVILLE

VIEW STORY ON KARE 11

VIEW CLIP OF PRICE DYNAMIC
BLACK MARKET

VIEW CLIP OF HOW TO CO-PARENT
DURING THE SCHOOL YEAR

AUTHOR BIO

Alysha Price is an accomplished author and a passionate advocate for co-parenting and the empowerment of single mothers. With a wealth of personal experience as a single mother and co-parent, Alysha has dedicated herself to helping others navigate the challenges of co-parenting through her self-help guide, "It's Not Complicated: A Self-Help Guide for Mothers Navigating the Obstacles of Co-Parenting."

Alysha's journey as a single mother has shaped her unique perspective and approach to co-parenting. Drawing from her own life lessons, she has created an easy-to-follow guide that provides practical advice and strategies for establishing a cooperative co-parenting relationship. Her firsthand experience allows her to empathize with her readers and offer authentic insights into the complexities of co-parenting.

In addition to her personal experience, Alysha is a qualified neutral family mediator and intrinsic coach. Through her work, she helps clients transcend their individual needs and develop a team mentality when it comes to co-parenting. Alysha's introspective tactics encourage readers to delve deep into their upbringing and challenge the narrative of generational patterns that may hold them back.



One of Alysha's strengths lies in her direct yet supportive approach. She is known for telling it like it is while affirming her readers' growth. Unlike a "do as I say, not as I do" coach, Alysha openly shares what has worked for her, providing practical and actionable advice that readers can implement in their own lives.



With her expertise, authenticity, and genuine desire to empower others, Alysha Price has become a trusted voice in the field of co-parenting. Through her book, "It's Not Complicated," she offers a roadmap for mothers to navigate the obstacles of co-parenting and create a positive and cooperative co-parenting relationship for the benefit of both themselves and their children.

FOR BOOKING

FOR BOOKING, PARTNERSHIPS, AND PRESS OPPORTUNITIES

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