

# Dell Self - Speak Through Me Communications



## Popular Speaker Topics:

### Public Speaking

*Speaking from Head to Toe*—public speaker training with an emphasis on delivery skills using the entire body.

*Dine Well*—Having lost 80 lbs. (with no pills, potions, powders, teas, or other gimmicks or fads), Dell teaches and shares her testimony of creating a lifestyle that leads to a healthier body, a positive mindset, and a deeper walk with God.

*Three Keys to a Memorable Message*—of the many components that comprise a great message, listeners will learn the three that stand out above them all.

### Authorship

*Tell Your Story*—Dell's story of hope, determination, and lessons learned on her journey to authorship that led to developing a greater purpose mindset.

*Head to Hand Writer's Workshop*—half-day workshop designed for adults who

- wish to self-publish a faith-based, uplifting, non-fiction book,
- are ready to take a major step forward on their journey to authorship,
- refuse to let another year go by with their book still stuck in their head.

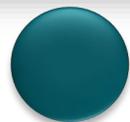
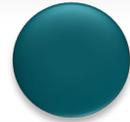
**Dell Self**, a faith-based, professional communicator, is a trained and certified public speaker coach, certified Christian mental health specialist, lifestyle coach, and certified faith-based vision board specialist. Dell is also a self-publishing specialist, author of 20+ publications, and owner of Speak Through Me Publishing—a growing multi-faceted publishing service devoted to helping adults who wish to launch their ministry through self-publishing an affirming, Christ-centered, nonfiction book.

As a certified public speaker coach, Dell is committed to equipping nervous, rambling talkers with the tools to become confident, purposeful communicators.

As a speaker, Dell is described as “Engaging,” “Delightfully funny,” and “A must hear.” Visit the website, [SpeakThroughMe.com](http://SpeakThroughMe.com), for booking information.

Dell's outreach extends beyond the obvious communications of providing a self-publishing service and public speaker training. Dell also teaches steps to develop a desired personal brand. She utilizes all these experiences as she shares her testimony titled, *Dine Well*. Dell's testimony focuses on how she adopted a lifestyle that enabled her to become confident, happy, and enjoy a healthier body, mind, and spirit.

Dell is married to the Reverend Juan R. Self (1984). They are the proud parents of three adult sons.



**Dell Self**

[www.SpeakThroughMe.com](http://www.SpeakThroughMe.com)

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Photos for brochures, programs, flyers, etc. are available on the **booking page** on the website. **Please use the authorized photos, only.**

**Book Dell Self - 901.300.0453 / [Dell@SpeakThroughMe.com](mailto:Dell@SpeakThroughMe.com)**