



Denika
Carothers

**SOUL GUIDE | EMOTIONAL
WELLNESS SPECIALIST |
TRANSFORMATIONAL SPEAKER |
HELPING WOMEN LET THE S.H.I.T. GO™
AND STEP FULLY INTO THEIR SACRED
POWER**

who I am

Denika Carothers, Master Life & Relationship Coach, Mental & Emotional Wellness Specialist, and the creator of the transformational Let the S.H.I.T. Go™ Method. With over two decades of experience guiding women through the pain of rejection, loss, grief, and betrayal, Denika is known for turning emotional wounds into sacred wisdom. Embracing, safe, genuine, and deeply loving, she connects heart-to-heart and soul-to-soul – helping you remember who you really are beneath the hurt.



FUN FACTS

Born in the Bahamas

Mother of 3 adult children

Does hand and head stands

Did skydiving on her 51st birthday

Travelled to 15 exotic countries

Furry baby mom

what I do

- ◆ Host transformational live events like Elevate YOU 2025
- ◆ Coach women through emotional healing and soul alignment
- ◆ Lead corporate trainings on empathic leadership and relational intelligence
- ◆ Author the Soul Alignment Wisdom book series and Who In The Hell Do You Think You Are
- ◆ Speak on stages and podcasts about conscious love, purpose, and personal power



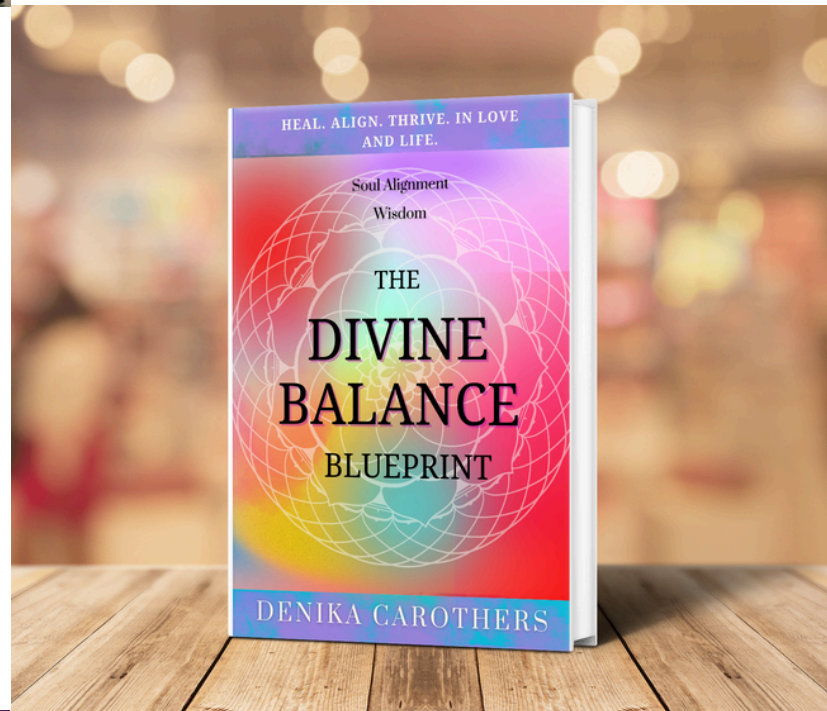
featured topics

- ✓ How to Heal From Emotional Wounds and Thrive
- ✓ Empathic Leadership: Bringing Heart Back to the Culture of Business
- ✓ The Power of Purpose Through Pain
- ✓ How to Stop Pouring From an Empty Cup
- ✓ Sacred Soul Alignment: Reconnecting to Self, Soul, and Spirit
- ✓ Conscious Love Begins With You

let's work together

- ◆ Podcast Guest
- ◆ Keynote Speaker
- ◆ Corporate Trainer
- ◆ Panelist
- ◆ Retreat Leader
- ◆ Guest Expert

Find me on all social media platforms
@DenikaCarothers



MY SIGNATURE FRAMEWORKS

- **Let the S.H.I.T. Go™ (Shame, Hurt, Insecurities, Triggers)**
- **RECLAIM Your Power**
- **Soul Alignment Wisdom Series (Books, Courses, and Live Experiences)**
- **Successfully Single Coaching Community**
- **Reclaiming the Divine Feminine: The Embodied Woman Experience**

booking & enquiries

denika@denikacarothers.com
www.denikacarothers.com

Books: The Divine Balance Blueprint
Sacred Soul Alignment
The Path to Conscious Love
Who In The Hell Do You THINK
You Are
Based in Texas | Available Worldwide