



# April Day Garcia

Keynote Speaker | BookFest Award-Winning Author of  
The Room to Be Brave

Helping people stop living small and start living whole.

## ABOUT APRIL

April Day Garcia helps audiences return to the rooms that shaped their identity and do the brave work of rewriting the beliefs that have been shaping their lives.

Through a powerful blend of storytelling and insight, she creates spaces where people see themselves differently, question what they've been carrying, and choose what comes next.

Her work has been described as grounded, honest, and powerfully human.

"Garcia teaches us that we can redecorate the rooms that brought us pain and fill the dark ones with light."  
— Dr. Randie London, PhD Psychologist

AS FEATURED ON

A Sober  
Girls Guide

Sharing  
Out Loud

LifeStories  
Podcast

Alison Answers  
Podcast

## SIGNATURE TALK

### Returning to the moments that shaped you —and choosing what you carry forward

We all have rooms we've walked into as one version of ourselves and walked out of as another.

Some of those moments shaped our identity in ways we never questioned. They handed us beliefs about who we are, what we deserve, and how we're allowed to show up in the world.

In this keynote, April guides audiences back to those defining moments — not to stay there, but to understand them clearly enough to choose differently.

Because leaving the room doesn't mean it stops shaping you.

**But you get to decide if it's still true.**

## BOOK APRIL TO SPEAK

### Attendees will leave able to:

- Recognize the rooms that shaped their identity
- Identify the belief systems they've been carrying
- Understand the difference between surviving and choosing
- Gain permission to outgrow roles, environments, and expectations
- Walk away with a framework for choosing what comes next

### Speaking Formats:

- 45–60 Minute Keynote
- 60–90 Minute Workshop
- Panels & Moderated Conversations
- Virtual or In-Person

**IDEAL FOR:** Women's conferences | Colleges & universities | Recovery communities | Mental health & wellness events | Corporate teams | Community organizations

### Book April For Your Next Event

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Available for local, regional, and national engagements. Speaking fees available upon request.

"A powerful depiction of the long-lasting wounds trauma leaves on our psyche and the healing journey that follows."  
— The BookLife Prize

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