

April Day Garcia

Introduction

April Day Garcia is a keynote speaker, BookFest award-winning author, and Certified Occupational Therapy Assistant with over a decade of experience helping people rebuild their lives from the inside out.

Her debut memoir, *The Room to Be Brave*, reached #1 in Survival Biographies and Memoirs on Amazon and has been described as “a powerful depiction of the lasting wounds trauma leaves—and the healing that follows.”

Today, April brings that work to the stage—helping audiences return to the moments that shaped their identity and do the brave work of rewriting the beliefs that have been shaping their lives, so they can stop living small and start living whole.

Please join me in welcoming April Day Garcia.