

Yvette Bodden

Author

Podcast Host

Inspirational Speaker



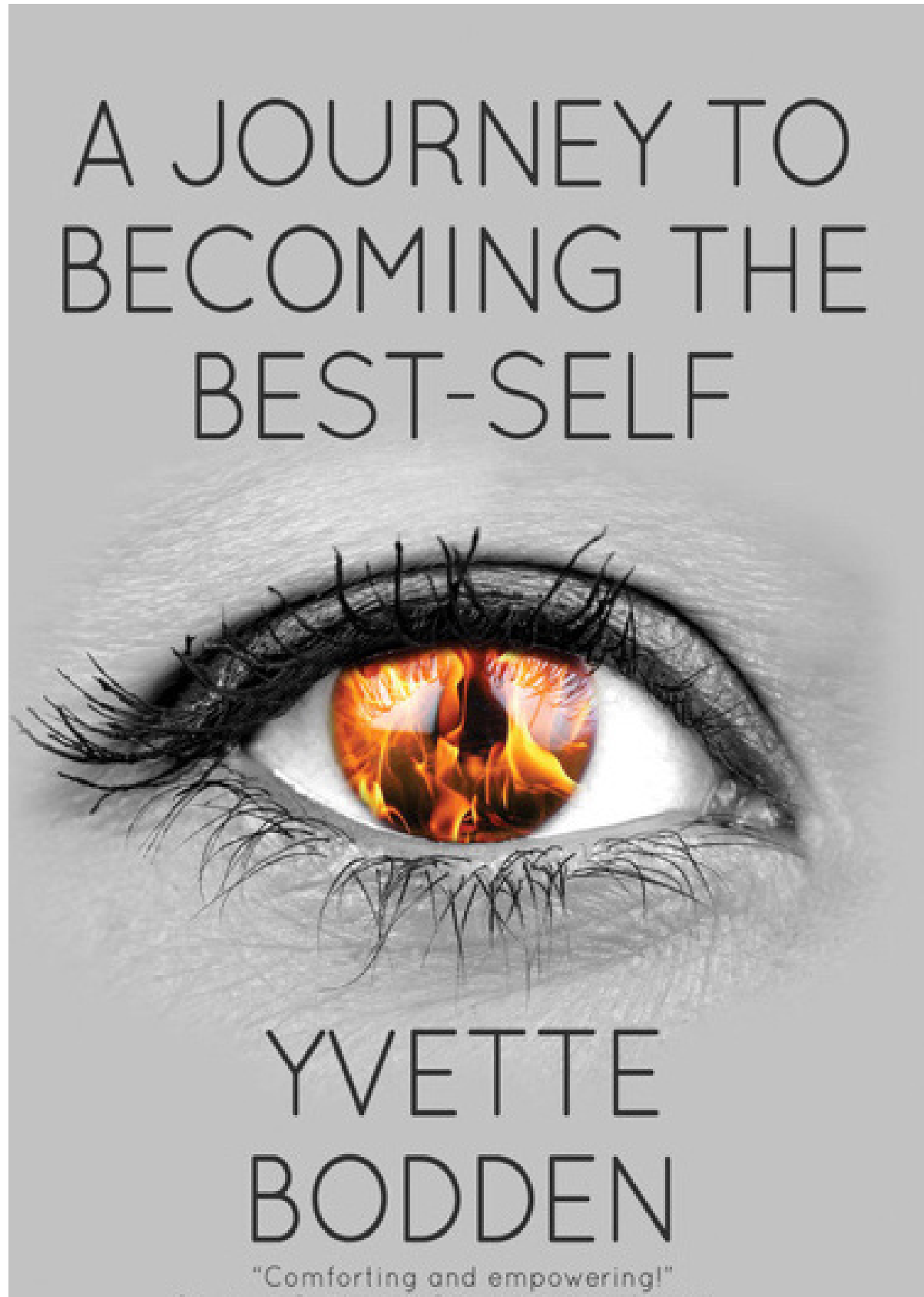


Yvette Bodden is Founder and Author of **Awakened-Woman**, a platform designed to inspire, empower and encourage women to become their best selves. She writes inspirational articles and short stories about life, love, Latino culture, divorce, co-parenting, motherhood, abuse, dating, relationships, finance, pregnancy, self-care, self-love, woman empowerment and many other topics from a real woman's perspective. She believes that sharing stories creates connection, promotes healing, and teaches the lessons we often need.

Yvette started the AW brand in 2018 by producing content that is both pragmatic and compassionate. In 2021, she developed the AW Empowerment Series, a collection of interviews showcasing well-known names including Andrea Navedo, Actress A Million Little Things and Jane the Virgin, Joelle Garguilo, NBC Journalist and Co-Host on the Today Show, Eileen Davidson, Emmy-Winning Daytime Actress & Real Housewives of Beverly Hills TV Personality, Lilliana Vazquez, E! Entertainment & Style Expert, Jolene Rodriguez, President of Broken English Productions, Google's Alexandra Garcia, Actress, Jeimy Osorio, CEO & Founder, The Sexiest Beauty, Heather Fink, Actress from Tyler Perry's, Sistas, Novi Brown, Founder & CEO, Hint Water, Author, Kara Goldin, Actors Lisa Vidal, Nathalie Kelly, Christina Vidal-Mitchell, Joe Minoso, Latin-Grammy Winner, Luis Fonsi, CEO of Rizos Curls, Julissa Prado, Emmy Award Winner & Television Personality, Nikki Boyer and Melissa Bernstein, Co-Founder of Melissa & Doug Toy Co.

In 2019, her debut book, **"A Journey to Becoming the Best Self"** was published by Black Rose Writing. The memoir and self-help book was inspired by her own post-divorce path from devastation to joy and received praise from The U.S. Review of Books. Her freelance career includes contributions to Brainz Magazine, Thrive Global, SmartCoparent, and DivorceHub. She was named "Bella Bosses We Admire" by Bella Magazine in the Mar/Apr 2021 issue. In 2022, she was featured as an insider on Oprah Daily's discussion in The Life You Want Class.

Author



"This is a book not just for women faced with divorce, but for anyone searching for meaning in their lives." –Sublime Book Review

Part memoir, part self-help, **A Journey to Becoming the Best-Self** combines personal narrative and practical advice to show how it is possible to find a place of acceptance and joy after losing a marriage. The word "divorce" itself has a negative connotation, and rightly so. It can be one of the most painful life-changing events in anyone's life. An emotionally crippling event for many women, initially it was nothing less than devastating for me. However, it has been the most significant growth experience in my life. A Journey to Becoming the Best Self is the story of how a woman comes out on the other side of pain much stronger and more beautiful.



The AW Confidential Podcast is created for women who want to be informed, as well as, be entertained. Some topics also appeal to men who want to learn and educate themselves about topics that affect the women in their lives.

The AW Confidential Podcast features male and female guests from all walks of life, including public figures from the world of comedy, entertainment, beauty, and business. Guests have included Actors Kamal Bolden and Jordan Johnson-Hinds from NBC's *The Endgame*, Actor Kevin Walton from Tyler Perry's *Sistas*, Director Kantu Lentz of NBC's *Chicago Fire*, Fashion Designer & Winner of Season 19 Bravo's *Project Runway* Shantall Lacayo, & more.

The pop-up guests help AW explore different perspectives on matters about, for, and to motivate women to live their truth.

The episodes are anything but confidential.

Press

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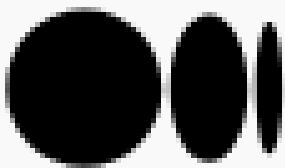


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WOMEN

WOMEN
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THRIVE  GLOBAL

BE Latina  Medium

Social Reach



4K+



21K+



400+



71K+

Contact

Yvette is available for:

- Content/Freelance Writing
- Speaking Engagements
- Workshops for Women Empowerment

Please visit her website at:



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