



ALAFEA INSTITUTE
Educational Consultants



ALAFEA REYNOLDS

B I O G R A P H Y

A mother of three amazing children, international speaker, trainer and educator- Alafea Reynolds is a trusted source for educational consultancy. She has over ten years experience in the education field and has now established her online teacher training institute – Alafea Institute accessible to teachers worldwide. Her trainings, speaking sessions and presentations are focused on empowering the “inner” self. She is an educator on a mission to empower educators across the world so as to help raise healthier happier children.

“**I VOW TO BE ‘BOLD’ ESPECIALLY IN TIMES WHEN FEAR GRIPS ME THE MOST**”

- Alafea Reynolds

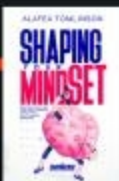
TO BOOK ALAFEA:

For more detailed information or to book Alafea for your next event, please contact us at:

✉ info@alafeainstitute.com

🌐 www.alafeainstitute.com

Available on
amazon kindle



PRAISE FOR ALAFEA

Alafea’s talk on Breaking the Cycle at the She Is Conference held in Wuhan, China changed my life. Her testimony truly spoke to me as hearing her story and all the heartache she endured but yet somehow had the courage to remain hopeful blew me away! After Alafea’s session I decided to challenge myself to forgive me and to forgive others who have hurt me in the past. As keeping with what Alafea said “Forgiveness is for us not for them”.

Now I can declare I’m free indeed, all that deadweight is gone!!

NTHATUWA THEJANE

MBBS (Medicine), Wuhan University Hubei China

Alafea is a true inspiration! I feel truly blessed to have been able to attend her Time Management = Self-Care talk. As an educator, entrepreneur and speaker I truly needed her practical tips , strategy advice and motivation. I encourage everyone to attend as its truly a life changer!

MWENDE MASIMA

Phd Candidate (E government),
Huazhong University of Science & Technology.

SPEAKING TOPICS:

ABUSE DOESN'T HAVE TO BE YOUR NORMAL

For many years I participated I toxic relationships both romantically and socially. It never occurred to me that this wasn't the way it was supposed to be. “Normalizing” pain and hurt was my super power. This went on for many years until my mid-thirties. But this doesn't have to be your story. No matter where you are on your journey, I am here to tell you that “Abuse doesn't have to be your normal”...

TIME MANAGEMENT = SELF-CARE

The better you are at managing your time, is the more time you will have to focus on YOU – (adapted from Shaping Your Mindset Workbook). As professionals and caregivers, we tend to put ourselves last on the list so much so that Self-Care is seen as a luxury and not a need. When in fact it should be the other way around.

To function as one's best one must make themselves a priority. In this talk I share my journey and lessons learnt. You will get practical tips that you can implement in your lives immediately.

BREAKING THE CYCLE:

I DON'T LOOK LIKE WHAT I'VE BEEN THROUGH

“Why am I continually attracting the wrong people in my life?”

“I probably deserve this...” “No one else is gonna want me...”

“Why me?”

In this talk I explore these questions and more while sharing my story (no holding back). I provide practical tips that you can adopt and begin your journey to break Free!