

# YaSheema Marshall

## Biography

YaSheema Marshall is a certified parent coach with over 20 years of experience helping families find solutions to challenging life situations by helping them successfully navigate the child welfare, juvenile justice and community-based systems but is passionate about helping mothers learn to love and nurture themselves like they do everyone else in their lives. She is sought after for her expertise in dealing with parenting issues, mom empowerment and creating platforms to highlight other's greatness such as TEDx organizing and interactive community workshops. YaSheema is known as the creator of the HOTMOMS Life Club and author of the books, "Parenting Ain't Easy" and "There Is No Such Thing As A Perfect Mother". She thrives on creating safe communities for moms to connect with one another, teaching them how to overcome the barriers that are stopping them from having their cake and eating it too during their motherhood journey.



YaSheema has written articles and been featured in the following magazines: Parenting Special Needs, Birth & Beyond 360 and New Hue Media. When she is not facilitating workshops, hosting mom events, and serving the community you can find YaSheema enjoying life with her husband and two boys.

## Speaker Topics

- \*THE MYTH OF THE PERFECT MOTHER
- \*SELF LOVE IS OUR FIRST LOVE
- \*LIVING AN UNAPOLOGETIC AND GUILT FREE MOMLIFE
- \*SHIT HAPPENS BUT YOU CAN'T GET STUCK IN IT
- \*PARENTING AIN'T EASY BUT SOMEBODY HAS TO DO IT



## Contact Details

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 The-hotmoms-life