



AUTHOR  
LIFE COACH  
VOICE ACTOR



MEDIA KIT

*Daree Allen Nieves*

# *La* DAREE ALLEN

DELIVERING A RICH EMPOWERING EXPERIENCE

Daree Allen Nieves is an award-winning technical writer, certified life coach, podcaster and authorpreneur in Virginia.

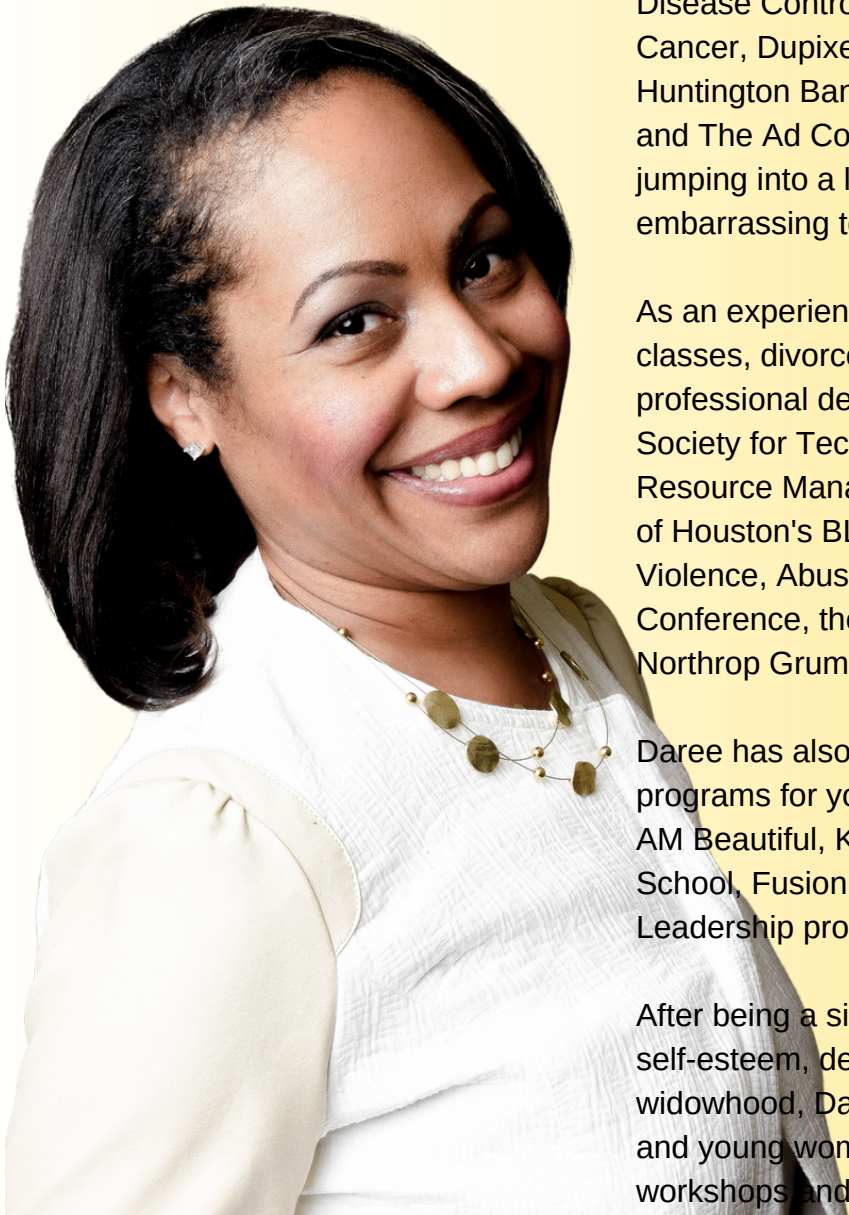
As the **Author** of three self-help books, including the teen mentoring book series entitled "What's Wrong With Me?," Daree discusses her own childhood dealing with self-esteem, media influence, premarital sex, family and personal relationships. Her latest book, "Ending the Blame Game," discusses relationship advice for Black couples based on interviews with numerous Black men, coaches and therapists. She hosts her podcast, "Kickin' it with Daree," exploring personal development topics for women.

She's also a **Voice Actor**. Her credits include The Centers for Disease Control (CDC), American Heart Association, Stand Up 2 Cancer, Dupixent, NBC Universal, Lenovo, 23andMe, Live Nation, Huntington Bank, Wal-Mart, Sleep Outfitters, Velux, Wal-Mart, Roti, and The Ad Council. Daree also enjoys reading, traveling, and jumping into a line dance (the latter of which is possibly embarrassing to her teenage daughter).

As an experienced **Speaker**, she has taught spiritual discipleship classes, divorce recovery workshops, and business and professional development topics for such organizations as The Society for Technical Communication (STC), the Society for Human Resource Management (SHRM) at Strayer University, the University of Houston's BLACKE Student Summit, International Conference on Violence, Abuse & Trauma (IVAT), National Independent Living Conference, the Wonder Woman conference and Women in Northrop Grumman (WiNG).

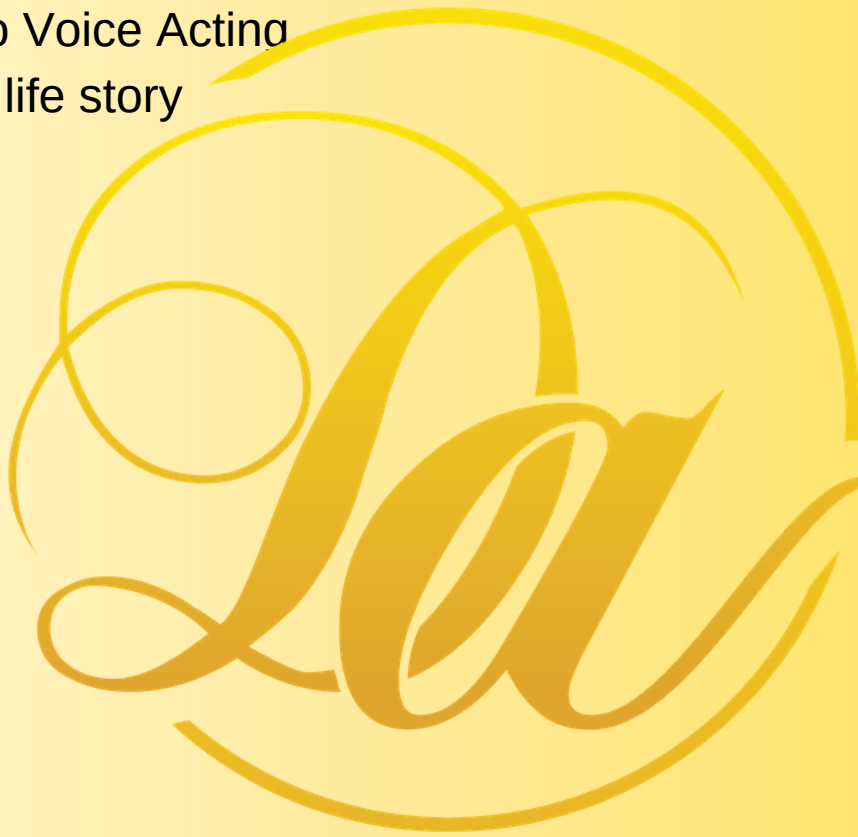
Daree has also been a mentor and facilitator for youth, conducting programs for youth with Delivered Vessels, Diamond in the Rough, I AM Beautiful, Kipp WAYS Middle School, Western Branch High School, Fusion Teen Talk Show, and a Toastmasters Youth Leadership program at a local middle school among others.

After being a single mother for over 17 years, and overcoming low self-esteem, depression, co-dependency, divorce, and early widowhood, Daree is a real-life testament and inspiration for teens and young women through her open, candid speaking, coaching, workshops and books. As a voice talent, authorpreneur &



# Topics

- Toxic Relationships and Boundaries
- Loneliness in entrepreneurship/relationships
- Good Grief as a newlywed widow
- Transitioning from Podcasting to Voice Acting
- Writing and self-publishing your life story

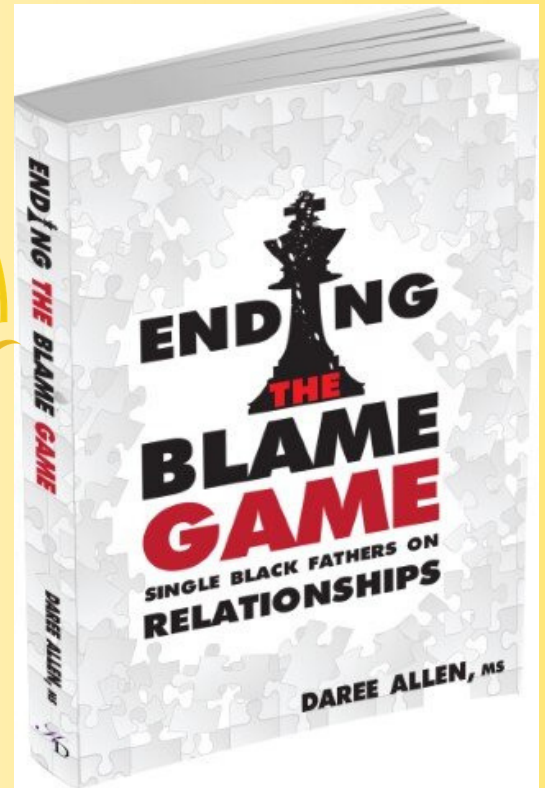
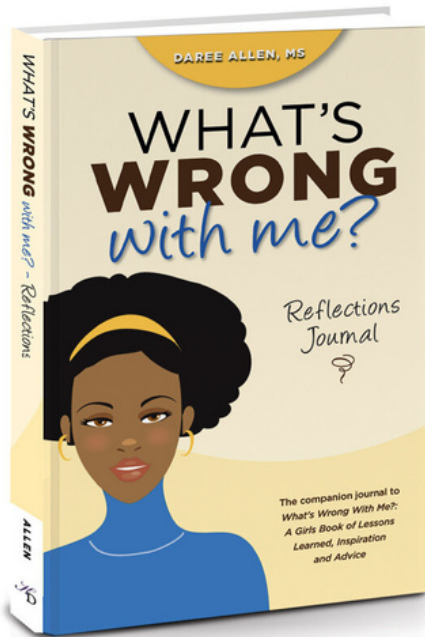


*Daree can serve as your:*

- Motivational/Keynote Speaker
- Lunch & Learn Featured Speaker
- Radio and Television Guest
- Panelist/Moderator
- Group Coach
- Workshop Facilitator

# Books

*What's Wrong With Me?: A Girl's Book of Lessons Learned, Inspiration and Advice*, is a mentoring book for teen girls. Part memoir, part self-help, *What's Wrong With Me?* encourages girls to embrace their uniqueness, learn to love themselves and stay close to God.



The companion book, the *What's Wrong With Me? Reflections Journal*, digs deeper into the contemporary topics discussed in the book *What's Wrong With Me?* that affect teen girls' everyday lives. With interactive, thought-provoking workbook-style questions, girls can record their thoughts and feelings to help them release tension and understand the world around them. The self-discovery, revelation and release will lead to profound fulfillment and start their own life-long practice of journaling.

*Ending the Blame Game: Black Single Fathers on Relationships* was published in 2014. Compiled from interviews, single black fathers discuss the relationships that brought them into fatherhood, and reflect on the factors that hinder their efforts when it comes to dating and relating to black women, co-parenting, and their current life status.

*Ending the Blame Game* helps women get a glimpse into the minds of single black fathers from different backgrounds who desire to be in a cohesive family unit. Each chapter ends with analysis, tips and suggestions from experts regarding these and other relationship topics.

# What They Said...



“I recommend Daree as a teacher or facilitator because she is understanding and a wonderful facilitator. Her DivorceCare class really helped me deal with anger and self-destructive emotions. She’s been there before, and used her experience to help others, which really resonated with me.” - E. Russell, Hampton VA

“For a long time, I've been wanting someone to do voiceover work for some of my commercials. I was recently working on a project that I knew wouldn't look right unless I had a voiceover. I was fortunate enough to find out about Daree and her business. It was the perfect time since I had just finished the video I was working on. She was very easy to work with and was the perfect addition to my commercial-- had a lot of cool ideas with the script and using different voice ranges to find what works right with the video. I'll definitely work with her again!”

- J. Houzer, Columbus GA

“I have had relationship problems with my parents, my children, my spouse and so-called friends. Talking to Daree, she would tell me in advance that I wasn't going to like her input, but it would make me think about the situation in a different light. Even if may not have initially accepted things she pointed out, I eventually utilized the information. Daree inspires women to think differently, and when your thinking changes your life changes. She has helped me get out of my own way, by helping me to change the way I think.” – S. Daniel, Newport News VA

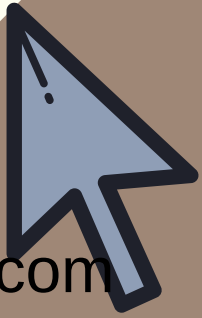
“Daree was an effective and entertaining speaker. The handouts she created were worksheets that could help you evaluate your own choices. She entertained all our questions and facilitated a thoughtful discussion. I look forward to working with her, if the chance befalls us, and recommend her as a speaker at other professional events.” – J. Greene, Tampa FL

“I talked with Daree recently because I've been wanting to write a book for a long time, but didn't know where to start. Daree is extremely knowledgeable about the book writing and independent publishing process, and she also encouraged me to get my message out there to inspire and help the women I serve in my coaching practice and my ministry. I wouldn't hesitate to work with her again. Anyone who needs clarity on their self-publishing book project should talk to Daree.”

- Life Coach Kizzymat, Marietta, GA



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