

Alice Giraud

BEHAVIORAL STRATEGIST & SPEAKER
EDUCATOR | COACH | AUTHOR



LIVE LIFE POWERFULLY!

Bio

Alice Giraud is the founder of The 31 Woman Co., a human performance and lifestyle company, that equips ladies to achieve a life of peace, purpose and productivity. As a Behavioral Strategist, Coach, Speaker and Author, Alice offers transformational teachings through interactive seminars, workshops, online-courses, coaching and books.

In Alice's signature talks and workshops, she provides practical and actionable strategies by using a holistic approach. She masterfully integrates evidence-based strategies and faith-based principles to help people live their best lives. Alice's trainings inspire the heart and educate the mind to produce life-changing solutions from a wellness perspective.

Signature Topics & Workshops

BEAUTY BEGINS WITH THE HEART

Beauty is redefined in this interactive training and message that guides women of all ages to address matters of the heart. Alice teaches the process of healing through spiritual, emotional and wellness strategies to increase one's quality of life.

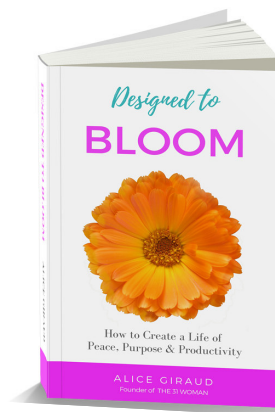
VIRTUOUS LEADERSHIP

Every individual has the ability to make an effective impact on their sphere of the world regardless of one's background. This training helps women to view themselves as virtuous influencers by learning how to maximize their unique leadership attributes and skills.

YOUNG LADIES OF VIRTUE : SHINE YOUR LIGHT

This is a highly engaging workshop for girls and adolescents of all ages that focuses on confidence building activities. Young ladies learn to identify their strengths, recognize the value of their voice and find joy in celebrating their peers.

Literary Works



- Designed To Bloom
- The Single 31 Woman
- Waiting For The 31 Man
- Young Ladies of Virtue

Booking Info



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