



21st CENTURY WOMEN'S ENTREPRENEURSHIP & LEADERSHIP

ANNUAL CONFERENCE

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In this transformative talk, discover the power of self-defense in building a life of confidence, strength, and resilience. Through this talk, you will learn how it's not just about physical self-defense - we also recognize the importance of emotional and psychological well-being. Leslie will dive into topics such as boundary-setting, self-care, and confidence-building, all designed to help you feel empowered in all aspects of your life. Leslie discusses her holistic approach to self-defense and shares empowering mindset shifts that will help you navigate challenging situations with grace, increase your level of self-advocacy, and root yourself in love and courage.

Biography

Leslie is the Founder of Reclaiming Your Courage, a Trauma-Informed Self-Defense Coach, international best-selling author and speaker. She values love, courage, and community. Her mission is to save the lives of women globally. Leslie is a second-generation Korean and Chinese American, San Francisco native, mother of two, and wife. She is a two-time black belt and has been a martial artist for over 20 years.

Leslie empowers purpose-driven women to ignite their strength through their mind, body, and voice. At the start of the pandemic, Leslie was deeply impacted by the rise of anti-Asian hate crimes. She has dedicated her life to #stopasianhate and strengthening her community by helping Asian women find their voice and not fall victim to being perceived as easy prey.

She is an ally to the BIPOC, Latinx, LGBTQIA+, Neurodivergent, and Differently Abled communities.

EMPOWERING WOMEN THROUGH SELF-DEFENSE

Leslie Lew

Founder, Reclaiming Your Courage, USA
A Trauma-Informed Self-Defense Coach,
International best-selling author and Speaker