

A close-up portrait of Agatha Georgestone, a Black woman with long dark hair, smiling warmly. She is wearing a white collared shirt and a dark tie. The background is dark and out of focus.

AGATHA GEORGESTONE

**TRANSFORMATIONAL SPEAKER | MENTAL HEALTH
ADVOCATE | RESILIENCE EXPERT | STORY-KEEPER**

ABOUT AGATHA

Born at the height of Sierra Leone's devastating civil war, Agatha Oluwasholla Georgestone's life began amid unimaginable turmoil. Her journey led her to the United Kingdom where, rather than finding reprieve, she faced new and unexpected challenges. Yet through it all, Agatha's spirit remained unbroken—she continued to rise.

Through faith and perseverance, she has transformed these profound life experiences into a powerful platform for healing and growth. Today, Agatha stands as a dedicated mental health advocate, specifically helping women unpack their stories and find meaning in their journeys.

Agatha connects with audiences through authenticity and vulnerability, creating safe spaces for reflection and transformation. Her compelling personal narrative combined with practical wisdom makes her a sought-after speaker for conferences, corporate events, community gatherings, and mental health forums.

Signature Talks

RISING FROM TRAUMA TO TRIUMPH

Finding Strength in Your Darkest Moments

In this powerful keynote, Agatha shares her personal journey through overwhelming adversity and the key principles that guided her transformation.

Audiences will learn:

How to recognize and release limiting trauma responses

Practical techniques to rebuild self-trust and confidence

The unexpected gifts hidden within our most painful experiences

Tools to rewrite your narrative while honouring your journey

THE QUIET POWER OF RESILIENCE

Building Inner Strength That Sustains

This talk explores resilience not as dramatic heroism but as the quiet, consistent choice to keep moving forward.

Participants will discover:

The science behind resilience and why it matters

Daily practices that build emotional stamina

How to cultivate a resilient mindset during uncertainty

The connection between vulnerability and strength

FROM SURVIVOR TO STORY-KEEPER

Transforming Your Experiences into Legacy

Agatha reveals how owning and sharing our stories can become our greatest contribution.

This presentation focuses on:

The healing power of reclaiming your narrative

How personal stories become collective medicine

Ethical storytelling: sharing without exploitation

Building communities of authentic connection through shared experiences

Testimonials



Healing & Empowerment

Transform your life with Agatha Georgestone's powerful story of resilience and healing.

 The Brave Horizon

Edward Kums



“Your story was popping on my feed and the more I listened to you speak the more intrigued I became. I wanted to hear more out of curiosity. This was a great read, a powerful one at best. I am not a reader but I was interested to hear more and more as I listened. Your vulnerability shone through the story. I'm so sorry that you endure so much, but you are still able to rise above it. Great story.”

Donna Pinnock



“There were moments I found myself in tears, overwhelmed by the sheer weight of the experiences described. Just when you think it can't get any harder, another blow comes. Her journey of leaving home, broken relationships and hearing her mother's mental health decline was absolutely devastating to read and listen to. The pain is real—but so is the strength. Through pain, mental health battles and deep unforgiveness, Agatha reminds us of the importance of standing firm in identity. Her story is full of trials and heartbreak, but one truth remains: healing is a process—a journey of faith. Forgiveness is essential for true healing, and it's liberating. It allows you to grow, break free from the past and step into peace.”

BOOKING INFORMATION

To book me contact:

thebravehorizon@yahoo.com

Travel: Based in Hays United Kingdom,
available for national and international engagements

"Don't wait to start your journey."
— Agatha Oluwasholla Georgestone