

Iesha Westmoreland | Speaker Kit

PCOS Advocate | *Communications Specialist* | *Journalist* | *Public Speaker*

About Iesha Westmoreland

Iesha Westmoreland is a powerful voice in women's health advocacy, using her platform as a journalist, communications specialist, and speaker to educate and inspire others about Polycystic Ovary Syndrome (PCOS) and hirsutism.

Her journey is not just professional—it is deeply personal. Living with PCOS and hirsutism, Iesha understands firsthand the physical, emotional, and psychological challenges that often go unspoken. What began as a search for answers became a calling to ensure that others would never have to navigate their journey in silence.

Through storytelling, education, and real-life insight, Iesha bridges the gap between clinical information and lived experience. She creates space for honest conversations around confidence, identity, self-advocacy, and breaking the stigma surrounding women's health conditions.

Signature Speaking Topics

1. Living Out Loud: Navigating PCOS & Hirsutism with Confidence

An empowering and transparent conversation about the realities of living with PCOS and hirsutism. Iesha shares her personal journey while equipping audiences with tools to rebuild confidence, challenge beauty standards, and embrace their identity unapologetically.

2. From Silence to Strength: Advocating for Your Health

This session focuses on self-advocacy and navigating healthcare systems. Attendees will learn how to ask the right questions, communicate effectively with providers, and take ownership of their health journey.

3. Beyond the Diagnosis: The Emotional Impact of PCOS

A deeper look into the mental and emotional effects of PCOS and hirsutism. This session highlights self-image, anxiety, and confidence while providing strategies for resilience and self-empowerment.

4. The Power of Communication in Women's Health

Blending her expertise in communications with advocacy, Iesha teaches how messaging, storytelling, and awareness can shift public perception and improve health outcomes.

Audience Takeaways

Participants will walk away with:

- A clear understanding of PCOS and hirsutism beyond medical definitions

- Tools to build confidence and manage self-image challenges
- Strategies for self-advocacy in healthcare settings
- A sense of community, validation, and empowerment
- Practical ways to break stigma and start conversations

Speaking Style

Iesha's speaking style is:

- **Authentic and relatable**
- **Educational yet conversational**
- **Emotionally impactful and empowering**
- **Engaging with real-life storytelling and practical tools**

She connects with audiences by creating a safe, inclusive space where people feel seen, heard, and understood.

Ideal Audiences

- Women's health conferences
- Colleges and universities (especially HBCUs)
- Corporate wellness programs
- Nonprofit organizations
- Community health initiatives
- Women's empowerment events

Why Book Iesha Westmoreland

Iesha doesn't just speak, she connects. Her ability to combine lived experience with professional expertise makes her message both credible and impactful. She transforms complex health conversations into relatable, meaningful dialogue that inspires action and change.

Her mission is simple but powerful:
To educate, empower, and ensure that no one navigating PCOS or hirsutism feels alone.

Sample Session Formats

- Keynote Address (30–60 minutes)
- Panel Discussions
- Workshops & Interactive Sessions
- Fireside Chats
- Virtual or In-Person Engagements

Booking Information

Name: Iesha Westmoreland
Business: Uniquely Iesha, LLC
Availability: Open for travel and virtual engagements

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Closing Statement

Iesha Westmoreland is more than a speaker; she is an advocate, a storyteller, and a catalyst for change. Through her voice, she is transforming how PCOS and hirsutism are understood, discussed, and embraced.