

Audra R.

UPCHURCH



Your Principle Partner in AUTHENTIC FREEDOM



@authenticaudra



@authenticaudra



(757) 279-8879

audra@xpressmbs.com

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Homeless at 15 due to her mother's struggle with mental illness, family stability and a being a single mom at 17, Audra knows how wrong choices and limited relationships can derail the life of the brightest and most promising individuals. Audra says it best, "reading books became my sanctuary to seeing the world through others eyes and "couch hopping" to keep a roof over my head...was my normal". But in spite of severe life struggles, aka "lemons" and more; Audra intentionally decided to make a course correction...and her incredible life story and message for us today is "We Can Too."

"What good is it to have professional success but my relationships are a personal mess?" Those are the stirring words echoed by Brooklyn born, U.S. Army veteran, marathon runner, motivational speaker, entrepreneur and bestselling author, Mrs. Audra R. Upchurch. Audra is proof-positive evidence that not only are there lemonade transformations, but with the "life runner" spirit...sparkling champagne.

Fast forward. Today, Audra is a senior level administrator and works for a Fortune 500 corporation. No longer homeless; she's a serial residential property owner! In partnership with her husband Tony, Audra is the owner of Xpress Mail, headquartered in Virginia Beach, VA. Together, they have 6 adult children and are now experiencing the joys of grandparenthood. As Audra says, her grandchildren are her "why" for following this new calling.

If you are looking for a speaker or motivator who is compelled to share how your past does not have to dictate your future; and how you can overcome the Lemonade Syndrome, then reach out to Audra today. No doubt Audra has a message to share and a method to get to that special place in your life where both your professional and your personal lives are synced for success.



Biography



@authenticaudra



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Presenter

9th Annual African American Male Summit
Virginia Beach Public Schools

Presenter

Beach Girls Rock
Virginia Beach Public Schools

Speaker

The EPIC Conference
Dallas, TX

Organizer/Sponsor/Speaker

Fierce Freedom Summit
Virginia Beach, VA

Co-Author

Shift Happens, powered by Nikki Woods
Executive Producer of the TJMS

Co-Author

Driven Success, powered by Aprille Franks-Hunt, CEO of
Coach, Speak & Serve

Author

Unchain Me Mama, powered by Audra R. Upchurch,
Owner of Xpress Mail & Business Svcs and President of
Thrive Unlimited

You Can Sync It or Sink It

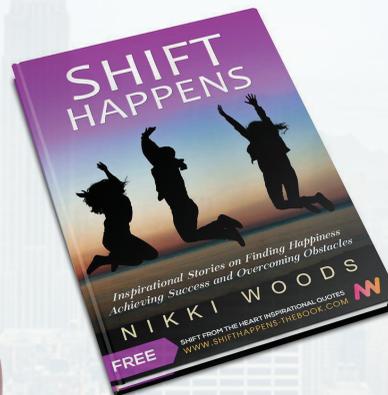
Choosing to live life at its best. Audra shares how you can sync your life (family, work, church, etc.) for success without guilt or regret, giving you the freedom to thrive!

It's Great to be YOU!

Audra guides you through the process of having an Uncomfortable Conversation with Yourself to help you let go of the past, overcome guilt, and build boundaries to embrace your authenticity.

Daughters of Another Mother

Navigating adulthood when your mother isn't present. Through sharing her story, Audra helps women that have grown up without their biological mothers' influence to break free from the chains of abandonment to live abundantly and with a free heart.



Signature Talks Et Speaking Engagements



@authenticaudra



@authenticaudra

Audra R.
UPCHURCH

TESTIMONIALS

Pat Lucas, MBA

Project Controls Analyst at Booz Allen Hamilton

"Audra has played an integral part in all aspects of my life. From personal areas to professional areas, she has been a driving force in a lot of my decision making. The strategic tools she's provided me with have allowed me to become a stronger mother, career professional and even in my community volunteer initiatives. She has the ability to allow her clients to dig deep within and I strongly feel it is because of her unwavering drive to help you "become a better you". I highly recommend Audra's life coaching to anyone in need of major life change."

Pamela Collins, M.S., CADC

Coach/ Speaker/Counselor

"Audra is a true inspiration to all women everywhere! She is the leader of the online FB community "Freedom To Thrive." Audra provides an atmosphere where we can laugh, cry, and grow together as women. She's always willing to help others and extend herself to get the job done. Recently, she took part in creating one of the most useful accountability groups I have ever been a part of. "Bring It To The Table" has done wonders for my confidence and boosted my energy to create content for my business as well as create systems with follow through. Audra is a true leader, friend, and sister! "

Francina Harrison, MSW, The Career Engineer

Career, Life & Biz ReEngineering | Radio/TV Host

Exceptional servicefrom an amazing veteran owned small business. I have known Audra and her husband Tony for a little over a year now and enjoy being a repeat customer of their business. My TCE projects have been completed in a timely manner, with perfect execution and value based pricing. Xpress Mail is a true blessing and a great addition to the TCE Team; and they help me to look grand. I highly recommend Xpress for your printing, shipping and mailbox needs... after all, they are definitely "MORE Than a Mailbox"..to TCE!

Adrienne Free

Requirements Analyst at Booz Allen Hamilton

As the Chair of a diversity forum at Booz Allen Hamilton, I had the privilege of working closely with Audra in planning and executing impactful and career enhancing events tailored to diversity and inclusion. Audra served on the Professional Development committee and really had a passion for the advancement of women and highlighting their successes. In one of her many contributions to the forum to bring this to the forefront, Audra spearheaded and facilitated a dynamic panel discussion with a distinguished group of African American women who excel and lead in the areas of education, defense, and business. Audra has taken me under her wing for the past 4 years and guided me through some very challenging decisions in both career and life that has influenced me to be my best and grow as a person. I continually see her as a source of inspiration through her social media groups and channels that she uses as a platform to motivate women and anyone else who desires to be healthy, mentally, by living free, and living their purpose.



Book Audra

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