

# BJ FOSTER

Motivational Speaker  
Author / Minister/ Student Advocate

## More Than Enough



Hailed by audiences worldwide as a gifted storyteller, best selling author, BJ Foster, speaks about the human resilience factor of rebounding and repositioning yourself for success. BJ is no stranger to navigating the transition of change. As a young girl growing up in poverty, she repositioned herself to becoming one of Hollywood's up and coming fresh new faces. However, finding herself caught up in abusive relationships, eating disorders, and the lure of success - life demanded a transformation. Refusing to live life on others' terms, she walked away from the bright lights of Hollywood and Broadway at the height of her career, to follow her passion of educating and empowering women and underprivileged kids to change the trajectory of their lives. BJ's More Than Enough - Inspiring Changed Lives Ministries, transforms lives from despair to spiritual and emotional wholeness. Teaching, the power of Rebounding. "People are people", she said, "from the elite of Hollywood, to the homeless on the street, the cry is the same - HAS GOD FORGOTTEN ME?"



SHE PROVIDES A SPIRITUAL GPS TO WHOLENESS, WHILE MAKING IT SAFE TO STAND IN YOUR HUMANITY.

**LISA NICHOLS**  
CEO MOTIVATING THE MASSES



### TESTIMONIALS

WHEN BJ SPEAKS,  
HEARTS ARE MOVED  
AND LIVES ARE  
CHANGED!

**ELAINE WYNNE**  
BUSINESS WOMAN,  
PHILANTHROPIST



BJ SPEAKS TRUTH TO  
THE HOMELESS AND  
STARS ALIKE, WITHOUT  
JUDGEMENT OR  
CONDENMATION.

**JIMMY SMITS**  
ACTOR, ACTIVIST



WITHIN 2 MINUTES  
I WAS HOOKED.  
POWERFUL!

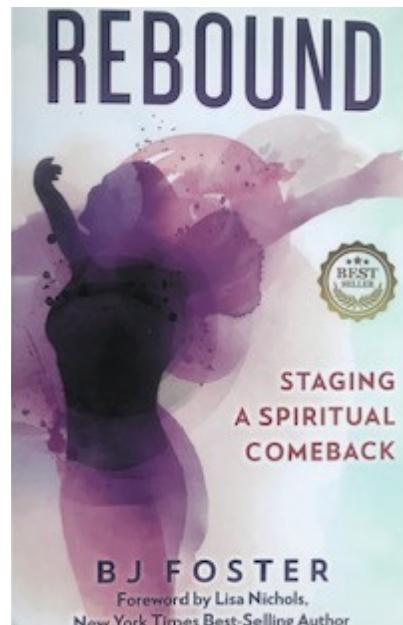
**JILLIAN MANUS**  
ENTREPRENEUR,  
MEDIA EXECUTIVE

# Rebound

## STAGING A COMEBACK!

Rebounding, the amazing ability to bounce back no matter the odds against you while remaining nimble in the face of everyday challenges, with hope for the future. The good news? Rebounding is a mindset, and a practice that can be learned, developed and strengthened. Audiences will gain muscles of spiritual and emotional resilience and learn to tap into their reserve tank to overcome obstacles, hardships and setbacks. Everything we endure serves a purpose. "Our sufferings are simply the breadcrumbs leading to our destiny." Here we learn to face our sufferings and courageously follow that road to spiritual and emotional freedom.

**"NOT EVERYTHING FACED CAN BE CHANGED,  
BUT NOTHING CAN BE CHANGED  
IF IT IS NOT FACED."**



# Navigating Transition

## RELEASING YOUR PAST - TO EMBRACE YOUR FUTURE

Growth is painful. Change is painful. But nothing is as painful as remaining stagnant, stuck somewhere you don't belong. Whether it's the silver screen of Hollywood, the company board room, or a college major - we've all, at some point, settled for safe. For those who are ready to say, 'Safe is not an option', Navigating Transition is for you. Transition, is where we pass through the corridor of today to latch on to our tomorrow. Your next level is waiting for you. Audiences experience the free fall of releasing your past so that you can embrace your future. Pushing out the voices of others and embracing your internal peace. Don't get stuck in transition.

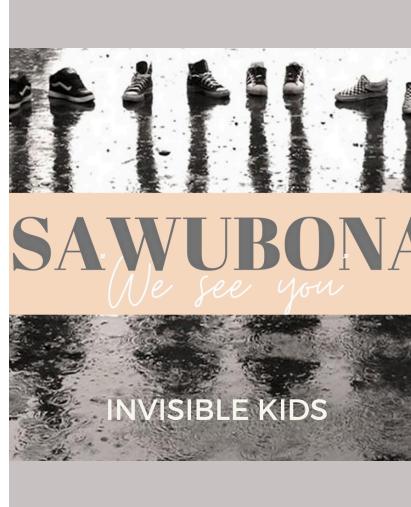
Hold fear in one hand - courage in the other - and JUMP!



# A Day in Their Shoes

## THE INVISIBLE KIDS - I SEE YOU

Children In Transition are kids born invisible. Whether living with disabilities, poverty, tangled in abuse, these are 'the invisible children' we've turned a blind eye to. A Day in their Shoes is a powerful workshop series outlining and stepping into the lives of the 1.4 million homeless students living in America. Opening the eyes and hearts of those with sight to the plight of those we choose not to see. SAWUBONA, is a Zulu greeting simply saying: "We see you". Here is where we learn to breathe life into the next generation by bringing the 'Invisibles' into focus. Being the championing voice for the voiceless. Helping kids to see the power within themselves. I am more than my circumstances.



**Contact  
me!**



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**HAND IN HAND- HELPING EACH OTHER STAND**



# Marriage Retreats & Workshops

w/ Kai & BJ Foster

*He knows the way that I take; when he has tested me, I will come forth as gold.  
(Job. 23:10)*

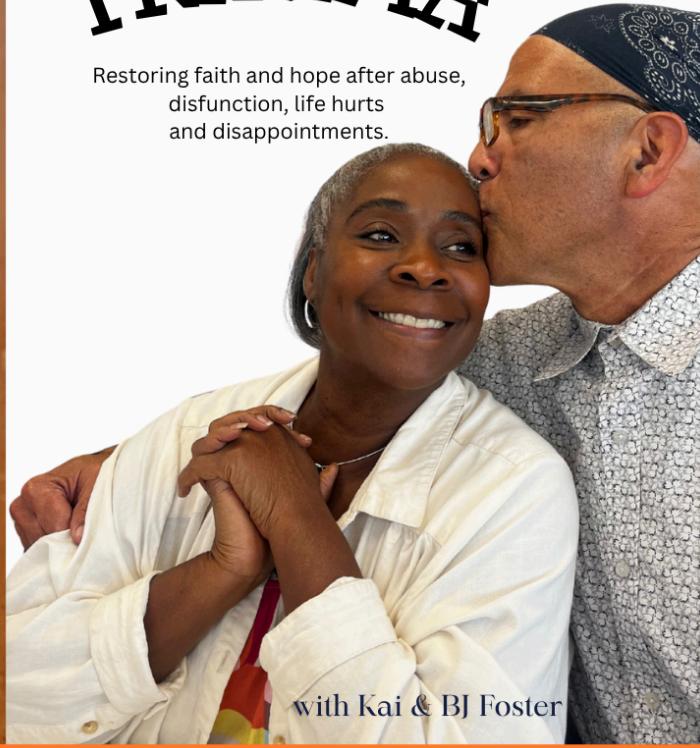


*\*KINTSUGI: the Japanese art of repairing broken pottery by mending the areas of breakage with gold.*

*Treating the breakage and repairing as part of the history of an object, rather than something to disguise.*

## BREAKING TRAUMA

Restoring faith and hope after abuse, dysfunction, life hurts and disappointments.



with Kai & BJ Foster

## Reclaiming life after TRAUMA.

*Breaking the chains that bind and opening the door to spiritual freedom in our lives, marriages and relationships with God.*

**Kai Foster**, Japanese/Hawaiian born lead evangelist of the Greater Reno Church of Christ endured decades of physical, mental, and emotional abuse in his childhood home. Discovering that his coping mechanisms, healthy or not, proved insufficient in adulthood and followed him into marriage. Side by side with his wife of 30 years, Kai & BJ Foster travel the country empowering couples to turn their misery into ministry. Dealing with their life chasm of trauma enabling the two to become one as God intended..

Kintsugi- Symbolism of Repair and Restoration

The visible repairs made in Kintsugi are significant, representing the beauty of healing and the acceptance of flaws. Unlike conventional repair techniques that make damage invisible, Kintsugi emphasizes the journey of the object, celebrating its history.

Kintsugi serves as a powerful metaphor for healing and personal growth, reminding us that our scars are part of our story. Each crack repaired with gold signifies a moment of overcoming adversity, making the object—much like ourselves—more beautiful for its imperfections.



# BOOK BJ NOW!

Motivational Speaker - Author - Minister - Student Advocate

BJ is a passionate and energetic speaker laser focused on helping her audience find spiritual, emotional, and professional wholeness through discovering and exercising their authentic voice. She ignites a room with hope. Book her for your next conference, seminar or workshop today!

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More Than  
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INSPIRING CHANGED LIVES