

www.onewordcoach.com

# *Andrea Arroyo*

World Coach

COACHING · PHILANTHROPY · AUTHOR ·  
EMPOWERMENT · FAMILY

## 2021 MEDIA KIT

ON A MISSION TO HEAL

# ANDREA ARROYO

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*ABOUT*  
ANDREA  
ARROYO

Andrea Arroyo has always been a caretaker. Growing up, Arroyo found pleasure in assisting her grandmother and cousins with day-to-day obligations. At such a young age, helping others increased her self-esteem and confidence, giving her a clear purpose in life early on. Writing, hiking, and visiting thrift stores and flea markets are some of Arroyo's favorite hobbies. Arroyo prioritizes her family above all else. She values family time and loves traveling to explore the open road. She is married to a wonderful husband and has two beautiful children.

Arroyo is the owner of One Word at a Time Coaching, where she specializes in trauma and recovery coaching. She is a Certified Life Coach with several years of business experience. She is also a speaker, volunteer, mentor, and advocate for help-groups, single mothers, and various women's facilities. She is on a mission to help others break the chains of shame and fear put in place by abuse and traumatic life events. Arroyo continues to serve and help others as the COO of Torn Label Project, a non-profit foundation that focuses on anti-bullying and anti-hate.



I love being a coach and a speaker because it allows me to share my story of triumph and victory allowing others to know they too can live a life beyond their wildest imaginations.

-Andrea Arroyo

# AUTHOR

Andrea Arroyo is living life to the fullest on purpose. She is the co-author of two books, in addition to running a thriving coaching practice. Arroyo enables individuals to move through past traumas so that they can live the life that God has intended for them.

## *Books*

From Struggle to Success  
We Prayed and God Moved

# Philanthropy

Torn Labels Project



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