

CHYANN GARRICK MEDIA KIT

MODEL, ACTOR, GROWTH COACH & ENTREPRENEUR



WWW.ABIDBYCHY.COM

"If you don't like something, change it. If you can't change it, change your attitude..."

- Maya Angelou

Chyann Garrick works as an Actress, Speaker, Growth Coach and Entrepreneur. Inspiring entrepreneurs to build a happier, healthier lifestyles through fitness, mindset development and business development. Chyann believes that once we have a complete understanding of ourselves, what motivates us, what inspires us, and what we have to offer to the world, it makes navigating this planet a lot easier. In her program Design Your Mind, she also supports individuals through the development of themselves and their business models. She is also the creator of a mini-talk show series called Mixed \$#!T. It serves to highlight voices of "the other". The other is defined in this series as people who do not fit into societal norms and binary ideals. Additionally, the host of the CrownMe TV network, a LGBTQ+ panel working to bring awareness and education to the LGBTQ+ community. Her personal life experiences combined with her studies in Psychology are what spark an even deeper curiosity for helping people understand their role in shaping thoughts, emotions, behaviours and success. When she's not on set or working one-on-one with my amazing clients, she loves to share her own personal experiences at events and engagements in her respective communities. Chyann is adamant about sharing her knowledge and though knowledge is power, imagination is what inspires innovation and creation. She wants to inspire anyone she comes in contact with to make their wildest dreams a reality.



Chyann Garrick has been featured in the Globe and Mail, Canadian Running Magazine, Daily Mail UK, and various other magazine and online publications. She has also been featured in commercials including but not limited to Spectrum Mobile with voiceover by Ellen DeGeneres, Crown Royal, Holiday Inn and Buffalo Wild Wings. You can also catch her in a multitude of music videos with artists such as Ozuna, Sean Paul, Mr. Vegas, Nikki Yanofsky, Shawnee and more. Additionally, she has been cast for various short films and online campaigns. Chyann is also volunteer speaker on a LGBTQ+ panel working to bring awareness and education to issues within LGBTQ+ communities and works as a charity ambassador for World Vision. Her passion for fashion, fitness, culture, art, expression and activism are utilized to disrupt these and many other industries.

SIGNATURE SPEAKING TOPICS

MENTAL HEALTH 101

Self-Love, Self-Help, Mindfulness,
Distress Tolerance, Emotion Regulation,
Reality Acceptance, Interpersonal
Effectiveness, Problem Solving, self-
harm, suicide, addiction.

RECIPE FOR SUCCESS

Making the impossible possible,
controlling your narrative, design the
life you want, visualization, goal setting,
accountability, vision boarding, fitness,
nutrition & mindfulness.



THE MILLENNIAL ENTREPRENEUR

Branding, social media management,
content creation, content planning,
content management, marketing, sales
& personal development.

FREE TO BE ME

Identifying your sexuality, coming out,
navigating same-sex relations, safe sex,
hidden allies, social acclamation & find
your tribe.

SERVICES

- Host a Workshop
- Keynotes
- Live talks
- Interviews
- Conferences
- Webinars
- Presentations
- Panel Discussions
- Virtual Learning & Hosting



WHAT YOU WILL GET

.....

A phone call before your consultation prior to your event Planning time in person or through conference call. Development of customized, interactive content to meet your specific event objectives. Development of a customized, interactive PowerPoint presentation or customized handout/worksheet materials, if applicable
Delivery of the presentation

PAYMENT AND TRAVEL

.....

Dependent on speaking fees + additional expenses (expenses may include parking and/or meals, lodging, round trip airfare, ground transportation). A 50% deposit will be needed to hold the date. A receipt of deposit will be needed to confirm the event.

MY AUDIENCE



15.2K



5K



1,333



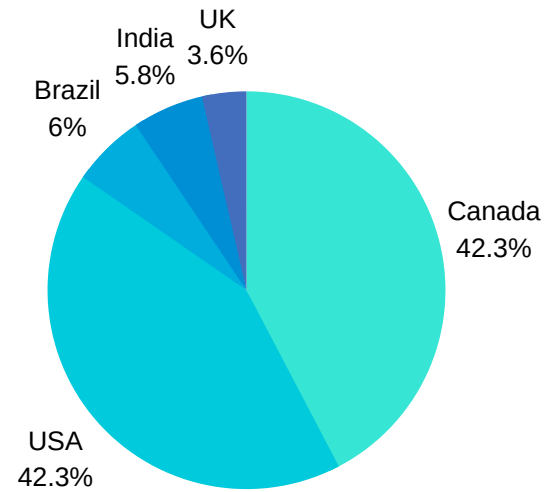
137 Subscribers



42



26



Women - 29%
Men - 71%

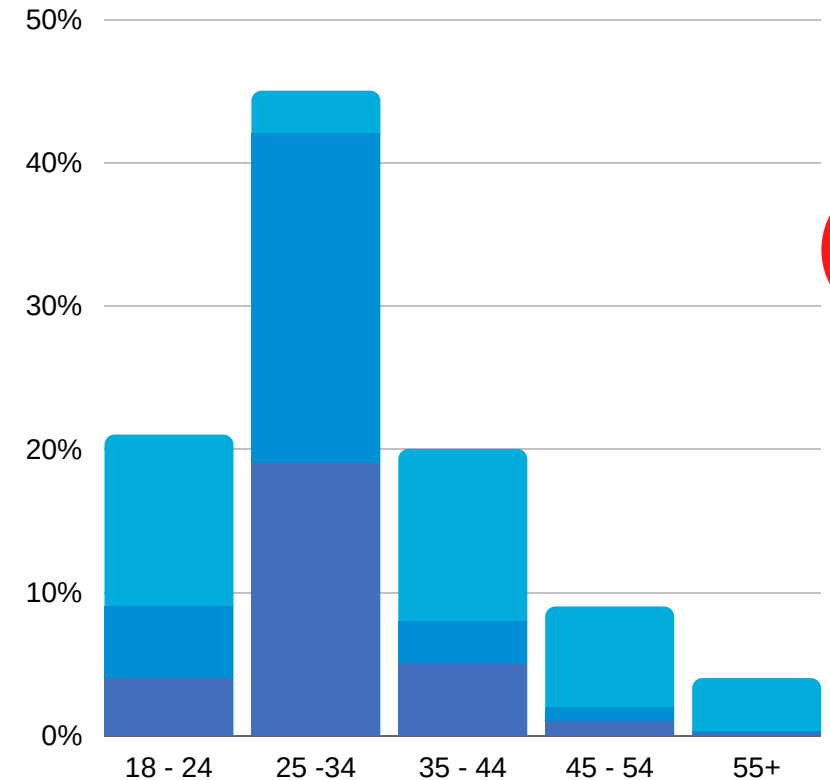
CONTACT ME

www.abidebychy.com

abidebychy@gmail.com

Toronto, Ontario

Phone available upon request



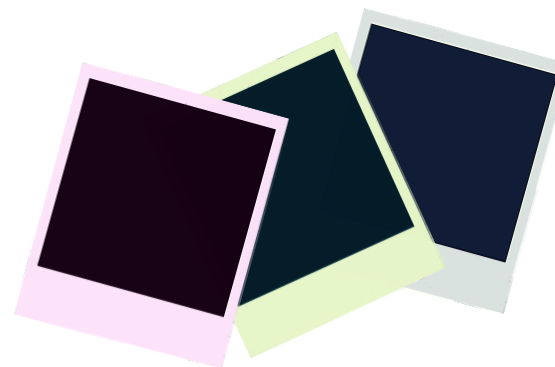


STORY PRICING

- 1 Mention = \$50.00
- 2 Mentions = \$100.00
- 4 Mentions + \$200.00

FEED PRICING

- 1 Feed Post = \$150.00
- 2 Feed Posts = \$200.00
- 4 Feed Posts = \$300.00



PACKAGE PRICING

- 1 Mention (Story) + 1 Feed Post = \$175.00
- 2 Mentions (Story) + 2 Feed Posts = \$275.00
- 4 Mentions (Story) + 4 Feed Posts + \$475.00

ADD-ONS

- Contest / Giveaways = \$200.00
- IGTV = \$250.00
- Vlog = \$300.00



PRESS

Chyann's work can be found in the following publications & many more...



Holiday Inn



MARC JACOBS

THE GLOBE AND MAIL



★ Heineken

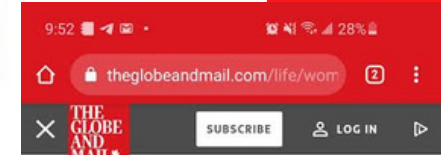
Pixel 4

COGECO



Chyann Garrick's Story

Here's a quick little story that really sheds some light on my childhood. I was born with a cleft palate and underwent my first plastic surgery at eight months old. I guess I'll never be able to say I haven't "gone under the knife." I didn't really have much of a choice, I was a baby. For the next 18 years my jaw is all I saw when I looked in the mirror. I was really self conscious about it and my self-esteem, self-worth and confidence took a major hit as a result. This birth defect affected my entire life and I still struggle to cope with the psychological

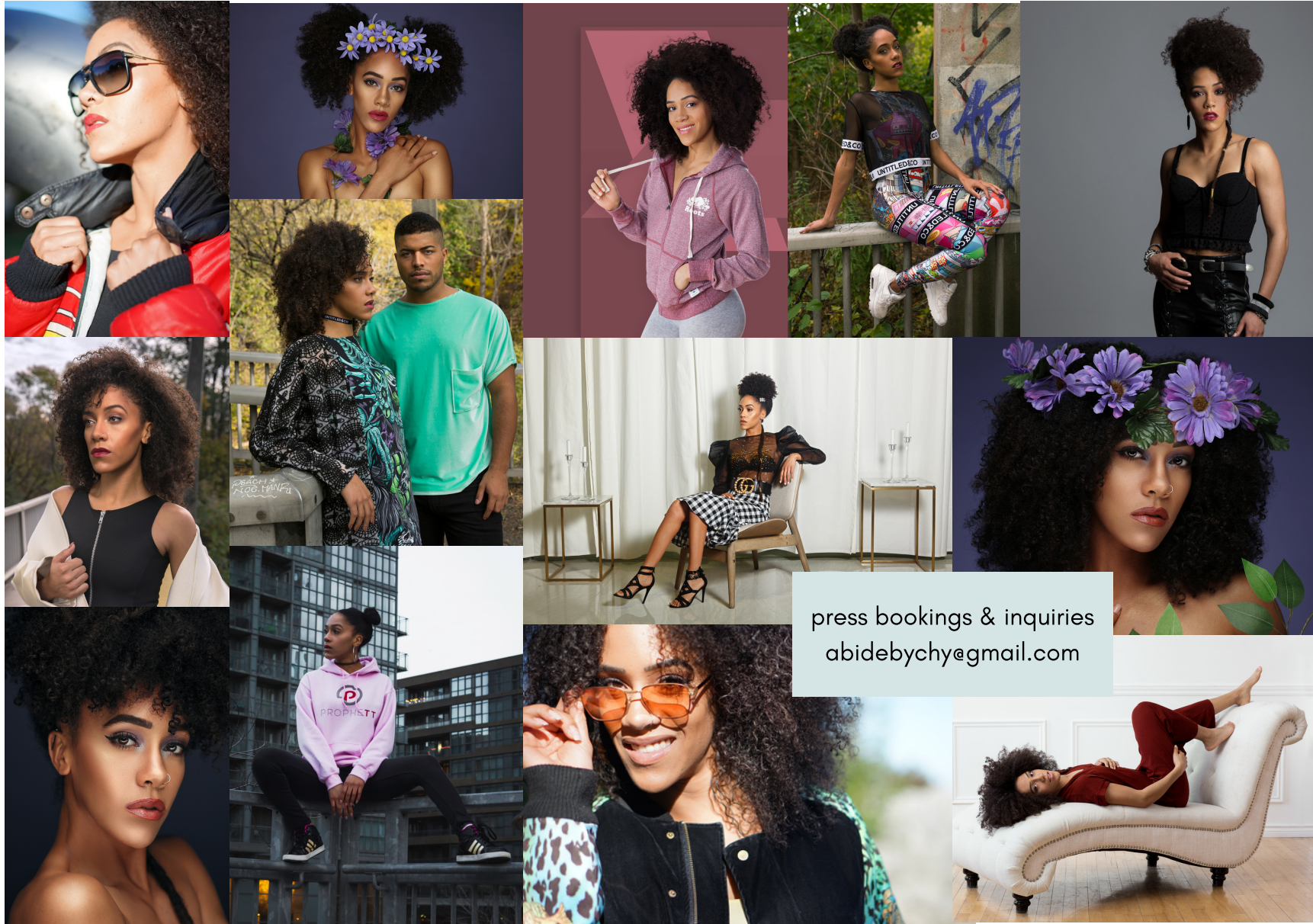


Model Chyann Garrick eats a lot of protein, vegetables, fruit and whole grain, showing that weight training is most effective when it is combined with a proper diet. (J.P. Moczulski/The Globe and Mail)

Working largely with dumbbells and barbells, she started with relatively light weights and gradually moved to lifting heavier weights as she became stronger.

"Now I can lift 45 pounds with one arm and I can do between 15 and 17 reps depending on the exercise," says Borda. "I'm a young kid."





GET IN TOUCH WITH ME