



# Perspective Shifting, **Empowering,** Motivational & Inspiring

**Alyscia Cunningham**  
Author | Filmmaker | Photographer

## Media, Body Image & Beauty Culture

Alyscia's most requested talk is a perspective shifting look at natural beauty for a culture that's obsessed with image.

- ❖ **What is beauty and who decides?**
- ❖ **How do we embrace the beauty of aging?**
- ❖ **How have we lost sight of self-love?**
- ❖ **Why is it important to embrace our authenticity?**
- ❖ **The truth about the media and Photoshop.**

## Meet Alyscia

Alyscia Cunningham was raised with a Caribbean heritage, her parents being from the island of Trinidad and Tobago. Her hometown is Corona, NY but she now resides in the Washington, DC area.

An award-winning author, filmmaker and photographer who has contributed to National Geographic, Discovery Channel, and the Smithsonian Institution, Alyscia specializes in promoting our natural beauty because she believes the media focuses on our insecurities by bombarding us with ads proclaiming that their appearance without enhancements is inadequate or faulty. Her work has been featured on The Huffington Post, Cosmopolitan, The Washington Post, Fox 5, ABC 7 and Proud2BMe.

## Sample Speaking Experience

- *Women's National Democratic Club – Washington, DC*
- *ASA, Aging In America Conference – San Diego, CA*
- *Women, Action & the Media! – Santa Monica, CA*
- *Women's Museum of California – San Diego, CA*
- *Saint Mary's College of California – Moraga, CA*
- *National Women's Conference – Malvern, PA*
- *Stop The Beauty Madness – Teleconference*
  - *St. Francis College – Brooklyn, NY*
  - *Green Festival – Los Angeles, CA*

## Contact

Alyscia Cunningham

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## About the Books

*Feminine Transitions*, a photography book encompassed with portraits of raw feminine beauty.

*I Am More Than My Hair*, a new book and documentary film, featuring 138 portraits of 46 females and the stories of their experience with alopecia (hair loss).

