

APRIL LITTLE



Coach. Author. Speaker



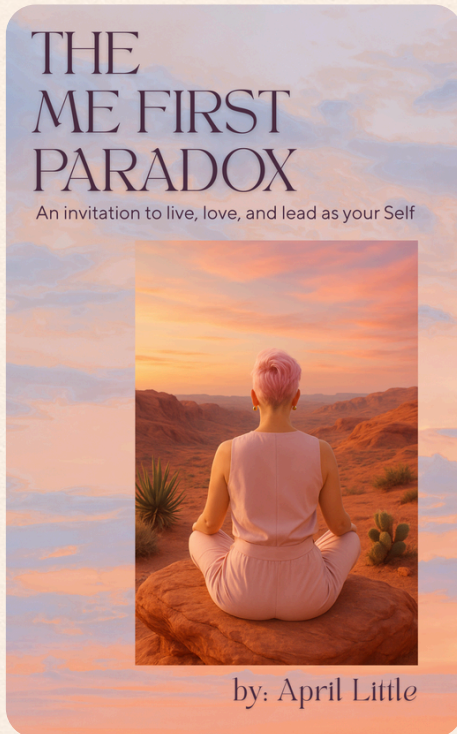
ABOUT ME

April is the author of *The Me First Paradox* and founder of Paradyme Lift Coaching, where she guides female coaches, consultants, and leaders to overcome imposter syndrome and burnout through embodiment and authentic self-care. A mother of three, grandmother, and catalyst for cultural change, April is creating a movement to revolutionize how women support women across generations and differences - building an economy of empowerment that will change the world through love, not force.

"I DON'T NEED YOU TO LIKE ME. I'M MUCH MORE CONCERNED WITH YOU FALLING IN LOVE WITH YOURSELF."



BOOK



JUNE 15, 2025 RELEASE

The Me First Paradox is a soul-deep invitation to reclaim wholeness through radical self-care, honest embodiment, and powerful personal responsibility. April Little challenges the cultural conditioning that rewards burnout and self-neglect, offering a magnetic alternative: putting yourself first is not selfish—it's sacred.

ABOUT THE AUTHOR

In addition to being a first-time author, April is a dedicated self-care coach, a wife of 30 years to her best friend and business partner, Bill, mother to four beautiful adult children, and two grandchildren. She is a champion of women and loves empowering women to fall in love with self-work and self-care as well as relentlessly pursue their peace and potential.



About the Author

April Little is a devoted mother of four, beloved Gigi to two precious grandchildren, and wife to her best friend of over 30 years and business partner for the past six years. April and her family live in the beautiful Texas Hill Country where she draws inspiration from the rivers, the hills, and the amazing women in her community.

She is also primary caregiver to her Self and unabashedly puts her Self first knowing it makes her better at every other role and relationship.

As a lifestyle, business and self-care coach, she passionately supports female entrepreneurs, coaches, and consultants in reclaiming their power, purpose, and peace—starting from within.

A lifelong student of the human spirit, April is a storyteller and wisdom seeker who believes that true transformation happens when we align with our authentic selves. With a deep love for nature, growth, and helping others rise, she blends psychology, spirituality, and practical tools to guide her clients—and her readers—into lives of impact, joy, and radical self-leadership.

The Me First Paradox is both her message and her movement: a revolutionary call to put yourself first, not out of selfishness, but in sacred responsibility to the life you're meant to live.

speaking topics



"FREUDENFREUDE: THE REVOLUTION STARTS WHEN WOMEN CELEBRATE WOMEN"

Introducing the concept that will shift culture - finding joy in other women's success. April reveals why comparison is killing our collective power and how celebration multiplies it exponentially.

"HIRE YOUR FUTURE SELF: THE MOST IMPORTANT CONSULTANT YOU'RE IGNORING"

An experiential talk where audiences learn to access their own inner authority through embodied practice. Participants leave with a decision-making tool they'll use for life.



"THE PERMISSION YOU'VE BEEN WAITING FOR (SPOILER: IT'S NOT COMING)"

A provocative call to radical self-leadership. April challenges women to stop waiting for external validation and start building the lives - and world - they're meant to create.

Audience

- FEMALE ENTREPRENEURS, COACHES, AND CONSULTANTS READY TO LEAD FROM OVERFLOW
- WOMEN IN LEADERSHIP EXPERIENCING IMPOSTER SYNDROME DESPITE SUCCESS
- ORGANIZATIONS SEEKING TO CREATE CULTURES OF AUTHENTIC COLLABORATION
- CONFERENCES FOCUSED ON WOMEN'S EMPOWERMENT, CONSCIOUSNESS, AND EVOLUTION
- AUDIENCES READY TO EXPLORE THE INTERSECTION OF SPIRITUALITY, EMBODIMENT, AND LEADERSHIP





PHILOSOPHY

♥ WHAT IF WE CHOOSE A DIFFERENT WAY?

For centuries, the world has been shaped by force, fear, and competition. April asks: What if women lead the next revolution differently? What if we become an aligned army of love, respect, and self-leadership? What if we prove that celebration - not competition - is the path to collective power?

April's talks ignite a visceral shift in how women see themselves, each other, and their capacity to create change. She doesn't teach tactics - she facilitates transformation through embodied truth-telling and permission to rise fully.



A pink background with two green cacti, one on the left and one on the right, both with small pink flowers at their tops.

GET IN TOUCH

WWW.THEMEFIRSTPARADOX.COM

APRIL@PARADYMELIFT.COM

409-466-5844



APRIL LITTLE
@THEORIGINALAPRILLITTLE

*Let's collaborate and create
something extraordinary together!*