

Ayanna Sealey

*Mental Performance Coach, Motivational Speaker,
Triple-Threat Performer*

Ayanna Sealey's Biography

Ayanna Sealey is a mental performance coach, elite triple-threat performer and past performer with Disney's *The Lion King*. During her previous career as a performer, Ayanna was featured in productions such as Broadway's *The Lion King* (Toronto Cast) and at the Stratford Festival in musicals/plays such as *Hello Dolly*, *Oliver South Pacific* and *The Tempest* (Shakespeare).

Ayanna has obtained a Bachelor of Science in psychology, specializing in mental health studies, and a Master's Degree in Applied Performance Psychology. Ayanna uses a heart-centered approach to performance coaching, to help others unlock their brand of magic to reach their full potential.

As a mental performance coach, Ayanna has worked with hundreds of artists, executives and athletes internationally (LA, New York Mexico, Zurich, Geneva, London and Ireland), to achieve their fullest potential and to address areas such as performance anxiety, performance proficiency, mental health, stress management, and reaching their fullest potential within their chosen fields.

Ayanna's impassioned approach to delivering thought-provoking, engaging, and heart-focused presentations leaves audiences walking away feeling inspired, and with a greater grasp of the chosen topic. Ayanna has been a guest expert on TV and has been featured on Canada's leading television stations on shows such as Breakfast Television, CP24 Breakfast, The Morning Show and CTV News.

Ayanna's Experience and Expertise

Ayanna quickly realized that her years of performing on stage at an elite level, combined with her studies, and years of coaching, qualify her as an expert in mental performance where she excels with confidence and conviction.

In 2020, she launched Magic Makers, Inc., a 1:1 and group program designed to help leaders rebuild confidence, regain power, and unlock their full potential.

Ayanna incorporates her unique experience as a Broadway-caliber performer and Master's Degree in Performance Psychology to help artists, high-level executives, and athletes, realize their potential and achieve peak performance. Having danced for over 35 years, Ayanna imparts her personal experience of becoming a world-renowned performer, despite an ongoing battle with Lymphedema, to help others actualize their potential.

Through her acclaimed Neuro Emotional Technique (NET), Ayanna helps clients identify and release subconscious blocks that are preventing them from achieving their dream goals and desires.

