



UNAPOLOGETICALLY
FAVORED®

Walk in your purpose



Courtney A. Kittrell

AUTHOR | MOTIVATIONAL
SPEAKER | LIFE PURPOSE
COACH

MEDIA KIT

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About Courtney

EMPOWERMENT THROUGH EXPERIENCE

Courtney A. Kittrell is a dynamic and highly respected voice in personal empowerment, military leadership, and mental wellness. With 25 years of active-duty service in the United States Navy, retiring at the rank of Master Chief Petty Officer/E9, she brings real-world leadership experience, authenticity, and emotional intelligence to the stage, the page, and the mic.

In addition to a storied career in the Navy, Courtney spent four years building a comprehensive coaching leadership program for the US Navy, empowering countless service members and civilians to lead with confidence, purpose and authenticity.



Your Presence Has a Purpose!

As the founder of Unapologetically Favored, Courtney inspires individuals to break through limiting beliefs, confront hidden pain, and walk boldly in their true purpose. Her story of resilience, identity, and transformation, as told through her best-selling memoir, *Unapologetically Favored: A Woman. A Leader. A Testimony.*, has touched the hearts of thousands navigating trauma, transition, and self-worth.

Recognized in the 2023 Edition of Marquis Who's Who in America and featured in *Connected Women Magazine*, *Voyage Baltimore Magazine*, and countless other media outlets, Courtney is a beacon of inspiration and transformation. Her military experiences have marked her life through personal and leadership struggles. She now pays forward the motivation, passion, self-love, and hope through *Unapologetically Favored* as well as her non-profit, *Hampton Roads Sapphire Veterans, Inc.*, where she is building a community of support for female service members transitioning out of the military.

SIGNATURE BOOKS

AVAILABLE:



BARNES & NOBLE



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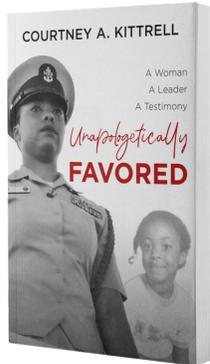
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Unapologetically Favored

A Woman. A Leader. A Testimony.

ISBN: 978-1642377736

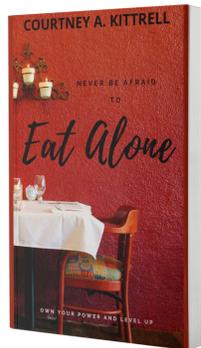
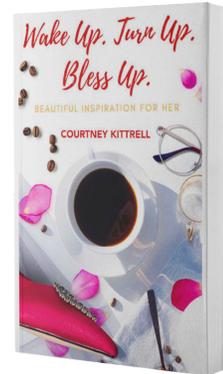
November 11, 2019

Wake Up. Turn Up. Bless Up.

Beautiful Inspiration for Her

ISBN: 978-1662903045

October 7, 2020



Never Be Afraid to Eat Alone.

Own Your Power & Level Up.

ISBN: 979-8985463828

January 11, 2022



Testimonials

Best book I have ever read. No matter your lifestyle or what you are going through in life you should read this book. It will make you look deep into yourself and let you know who you really are. Who you were created to be and make you ask the question am I living the life I was created to live.

Stacey Williams-Benjamin

Reading this book has made me reflect back on situations in my life both personal and professional and allowed me to see where God has favored me. It watered my seed to be successful and to keep giving life my best even when I feel like I'm at my worst.

Shayla Black

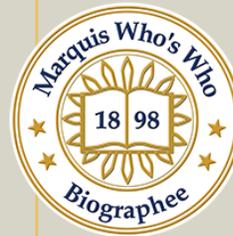
MEDIA FEATURES

Radio / Podcast

- The Evolution w/ Jeff Bayless
- Bill Martinez Live
- Ian Trotter Live
- The Family w/Tom Barnard
- The Andrea Kaye Show
- Another View w/ Barbra Hamm Lee
- Dr. Pat Show/ Dr. Pat Baccili
- Soul Inspired w/Antionette Simmons



VoyageBaltimore



Television

- WXII News 12 -Winston-Salem, NC
- WGHP Fox 8 Morning News - Greensboro, NC
- Great Day Washington - Washington, DC
- Coast Live - Norfolk, VA



Articles

- 2023 Marquis Who's Who In America
- Connected Woman Magazine
- Canva Rebel Magazine
- Voyage Baltimore Magazine
- P.O.W.E.R. Magazine
- Books of Interest to Women Scholars
- Books of Interest to African-American Scholars

connected woman magazine





SPEAKING TOPICS

- **Mental Health & Resilience:** Overcoming depression, suicidal ideation, and trauma
- **Faith & Purpose:** Finding strength through spirituality and divine identity
- **Leadership Under Pressure:** Tools from 25 years in military leadership
- **Women in Command:** Breaking barriers in male-dominated environments
- **Veteran Transition:** Life, identity, and purpose after the uniform

Turn your
Obstacles
Into
Opportunities

DEMOGRAPHICS

Military & Veteran Communities

Women Empowerment Organizations

Faith-Based Events

LGBTQ+ Audiences

Mental Health Advocates & Leaders

Corporate Wellness & DEI Conferences



UNAPOLOGETICALLY
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Unapologetically Favored Podcast

Courtney Kittrell is a true believer in never apologizing for who you are. She has personally experienced the inward and outward turmoil that comes with a lack of acceptance from those around you. It was through her career in the United States Navy and her countless opportunities and obligations as a leader and friend that taught her the valuable lessons she hopes to impart to her podcast's audience.



Walk
IN YOUR
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UNAPOLOGETICALLY FAVORED®
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Walk In Your Purpose!
SATURDAY MORNINGS
@7AM EST

- Motivation
- Inspiration
- Empowerment
- Encouragement
- Purpose Driven Conversation

WDRB media
Information and Inspiration

WWW.UNAPOLOGETICALLYFAVORED.NET

LISTEN ON iHeartRADIO YouTube Streama

AVAILABLE ON:

ACCESS TO 50 MILLION LISTNERS





WHAT YOU CAN EXPECT

Having encountered a great many struggles both personally and professionally, in addition to the physical hardship associated with her military service, Courtney uses her own story as a starting point to encourage others and to explore how self-belief the right mindset can set anyone up for success.

Much of Courtney's work as a motivational keynote speaker expands upon the ideas mentioned in her books, *Unapologetically Favored* and *Wake Up. Turn Up. Bless Up.*, which are both self-reflective pieces that, beyond exploring her own personal development and journey to self-acceptance, seek to provide a kind of roadmap for those interested in doing the same.



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Let's connect—and walk in purpose,
unapologetically.

GET IN TOUCH

To book Courtney A. Kittrell for interviews, speaking engagements, media features, or podcast appearances, please use the contact information below. Whether you're looking for a dynamic keynote speaker, a powerful voice on leadership and mental health, or an inspiring guest to elevate your platform—Courtney brings passion, authenticity, and impact to every conversation.

Courtney K.