

DR. LATANYA EDENBURGS

FOUNDER OF THE MOVE METHOD AND
ILLUMINATE YOUR JOURNEY



About LaTanya

Short Biography:

Dr. LaTanya Edenburgs is the founder of Illuminate Your Journey and the Architect of Intentional Movement, guiding individuals and families through healing, resilience, and purposeful growth with clarity and compassion. An international keynote speaker and international best selling author, she brings over 25 years of experience as an educator, coach, former professional athlete, and motivational speaker into every space she leads. Through her coaching, books, and speaking engagements, Dr. Edenburgs helps people move through grief, trauma, and transition with courage, reclaim their voice, and intentionally design the next chapter of their lives with vision, strength, and longevity.



Testimonial:

LaTanya Edenburgs was the perfect keynote speaker for our 8th grade promotion ceremony. She brought energy, encouragement, and heartfelt wisdom that truly resonated with our students. She celebrated the accomplishments of our promoting 8th grade class and took the time to recognize the important role of our parents, teachers, and staff in helping students reach this milestone.

Lexi Lipsky, M.Ed.
Principal

Testimonial:

LaTanya's coaching has been transformative. For each situation I've faced, she has helped me see clearly, understand deeply, and heal while embracing my New Normal. Her continued support and guidance have allowed me to shift my mindset, walk through each new journey with grace, and most importantly—begin healing and understanding my why.

Dr. Talyia Eve Riemer
Doctor



Speaking Topics

- Mental Health
- Concussions
- Leadership
- Bullying
- Relationships
- Teamwork

I have worked with:

