



CINDY BENEZRA

About Cindy

Cindy Benezra, an author, inspirational speaker, entrepreneur, and sexual abuse advocate, has channeled her experiences into a platform called **CindyTalks**, fueled by her memoir, ***Under The Orange Blossoms***. Recognized for her resilience and compassion, Cindy is driven to raise awareness about sexual abuse through meaningful dialogues. Having undergone years of therapy and self-help practices, she possesses comprehensive knowledge of various avenues for healing from trauma. Cindy is also the co-founder of a luxury event company, where she spends much of her time creating beautiful spaces for some of the most important events in people's lives. Her eye for style and design has won **Elite Events** numerous awards and spotlight features.

Suggested Interview Topics

- Finding Forgiveness Without an Apology
- Navigating a History of Abuse
- Self-Healing Techniques that Work
- Pivoting from Surviving to Thriving
- Empowering the Voiceless in Finding their Voice


What She Offers Podcast Hosts


- ✓ Trauma is something everyone faces, and Cindy's experience with it is varied, offering insights on various topics that relate.
- ✓ Her story of hope is relatable and inspiring to others who are either navigating trauma currently or seeking healing from the past.
- ✓ As an author, entrepreneur, philanthropist and sexual abuse advocate, she is relatable and helps listeners feel seen.

Suggested Interview Questions

- What was it like writing through trauma?
- Has the abuse you experienced affected your ability to have healthy relationships?
- Do you think you have to forgive, in order to heal?
- One in 4 girls and 1 in 6 boys are sexually abused before the age of 18. Why do you think this statistic is so high?
- How can sharing your story can change society?
- What are some self-help tools that help those navigating trauma?

Connect

 /cindy-benezra-932560158

 cindybenezra

 /CindyBenezraAuthor/