



CINDY BENEZRA

Speaker Introduction

Cindy Benezra's life is no stranger to trauma; it has weaved its way into every path she has traversed. Her journey has been unbearably rocky, yet despite the daunting hurdles she's encountered, hope, healing and forgiveness has become her inner foundation, offering a new way forward for her and others impacted by trauma as well.

The missing tools she sought at a young age have become her life's mission today, where she offers necessary resources for those looking for a hand to help loosen trauma's grip. Cindy, 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. Fearlessly, she confronts this sensitive subject with unwavering courage. Cindy possesses an intimate understanding of how sexual abuse permeates every facet of a person's life. Having undergone years of therapy and self-help practices, she possesses comprehensive knowledge of various avenues for healing from trauma.