



Leslie Hardy is a fun-loving woman of God, proud mother of an adult son, consummate mental health and human behavior professional, and certified healing and transformation coach in the area of Mindset and Relationships.

A Best Selling author, Ms. Hardy founded and hosts the live talk show, “Life Perspectives with Leslie”, where she engages guests in practical conversations covering various life matters to inspire people to live purpose-filled lives. She has served as a consultant for several film projects, including the multiple award winning independent short film, “Grief”.

Having served as a licensed psychotherapist for over twenty-eight years, Ms. Hardy is passionate about helping others to grow, heal and reveal their unique gifts in the world. She educates, equips and empowers others to shift mindsets, create transformational change, and live and love better, starting with themselves. Her life of personal experiences and decades of professional training have enlightened her success as a clinically informed life strategist, speaker, author, and entrepreneur.

Some of the things Ms. Hardy enjoys includes dancing to ole school jams, taking spontaneous road trips, attending sporting events, concerts, and the arts, reading great books and engaging stimulating conversations, watching HGTV, and perhaps most favored of all – releasing during “sessions of ocean therapy” (i.e. the beach)!

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Publications:

Self-published author of, “Prepared for a Purpose, Embrace the Process.” (website, Amazon, B&N online),

Contributing author of anthology, “Focused & Aligned” by Chandra N. Gore

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