

Christina Helena



Christina Helena

All rights reserved, © I AM CHRISTINA, LLC.

**"Taking the
risk to
discover
who we are,
requires the
risk of not
belonging."**

Meet Christina



Christina is a playwright/performer, speaker, and founder of My Scar is Sexy, a 501(c)(3) non-profit foundation focused on mental health through producing podcasts and documentaries. She is redefining and modernizing the stigma behind trauma and pain with one simple thought: ***Your scar is the sexiest thing about you.***

At nineteen years old, she became one of the youngest pancreatic cancer survivors and four months later she graduated with her bachelor's degree in Communication Arts. With a thirteen-inch scar across her abdomen, Christina knows the physical and emotional toll that our scars have on our self-worth and ability to love ourselves.

Given six months to live Christina asked herself: *"What do you want more, your potential or to run away from the pain?"*

Christina trained at **LAMDA, The London Academy of Music & Drama** where she earned a Master of Fine Arts in Classical Performance. A couple of years later, she studied philosophy and theology earning a Master of Science in Consciousness Studies.

An inspirational force, playwright, and classically trained performer, her autobiographical solo show **SCAR**, is currently in development for an off-Broadway production to be directed by the award-winning director Larry Moss.

SCAR is about the cycle of violence and the choice each individual has to become the reflection of their trauma or the choice to discover the Self. A captivating take on the soul, trauma, and mental health. Forty-characters. One woman. One stage.

Most recently, Christina's talk, **"My SCAR is Sexy"** was featured on Goalcast receiving over 10 million views.

Her TEDx talk, **"Dear Unresolved Soul, It's Not Death You Fear, It's Life,"** is about the perceived fear of mortality humans have as a substitution for self-responsibility for resolution of one's pain.

As a highly sought-after keynote speaker on overcoming adversity, mental health, identity, resilience, and personal development, she is helping others reprogram their thoughts and identity that have been shaped by trauma.

My Scar is Sexy is about ownership of our experiences, trauma, and stories without shame. Her talks are filled with raw authenticity, truth, and passion.

Christina Helena

Watch My Talks



TEDx SouthLakeTahoe



Thrive Union Momentum
Views: 11 Million

What People Are Saying

“Christina is a true professional with something very rare in the industry: passion. She speaks from the heart and moves the audience with her pure authenticity.”

- PETER MONTOYA, THRIVE

“Christina helps you to see past your adversities and push through the barriers. She’s top notch!”

-VALORA JAMES

“Christina’s story was compelling and inspirational. Her passion and purpose will motivate you to become the best version of yourself and to make a positive impact on the world.”

- JEFF DEFRANCO, TEDX SOUTH LAKE TAHOE



Haalen House



Women|Future
CONFERENCE 2021

Overcoming Adversity

One thing is for sure, we all face adversity. We tend to look at adversity as this exoteric thing. Something... that happened to us. Either by society, a person, an event, an experience. Oftentimes, a traumatizing moment. What about the adversity we create in our minds against ourselves? Our negative thoughts. Our limiting perspectives. Our critical self-talk. After meeting her inner adversity, Christina vowed to overcome it. What she did was ferocious.

Your Scar is the Sexiest Thing About You

Christina's resilient story about mental health, identity, and self-esteem will motivate you to shift your perspective on traumatic events and adversity to cross the bridge into fearless self-acceptance. Her story about facing her mortality at nineteen years old, surviving pancreatic cancer, and learning to live with the mental health effects of a thirteen-inch scar across her body will leave you thinking about your own scars. When you don't deal with your scars, they deal with you.

The Responsibility for our Mental Health

Mental strength is invisible because our inner voice is invisible. Our scars are very often invisible. Our shame is invisible. The masks we wear protect us from the world, but the shame and pain we suppress dismantle our strength. How we speak to ourself, is a reflection of our mental health. Our mental health relies on our choice to heal our scars, embrace our humanity and understand that embodying vulnerability is our power.

The Power of our Intuition

That funny gut feeling. Do you trust it? Some call it, intuition, others call it instinct or impulse. Some, consider it spiritual, the soul. Others associate it with science as a calculated assessment. But most people believe their gut instinct is right, and surprisingly they don't listen to it. Christina did, and it saved her life. Her story explores the self-responsibility we have to follow our intuition, and why most people fear it.

**"If you are
lucky, you
will have
an identity
crisis and
discover
who you
are."**

"If you are looking for a speaker to captivate and inspire your audience, I recommend Christina."

Her story is truly phenomenal and will leave your audience with a changed mindset on overcoming their own adversities and becoming resilient."

- RUSLANA MILIKHIKER,
WOMEN FUTURE CONFERENCE

"Her fresh ideas would help even the most employees."

- AMITESH K., APPLE

"She is professional, influential, and very good at what she does."

- CARLA I., LINKEDIN



Christina Helena



Bookings@ChristinaHelena.com



www.ChristinaHelena.com
www.MyScarIsSexy.com



[@IAmChristinaHelena](https://www.instagram.com/IAmChristinaHelena)
[@MyScarIsSexy](https://www.instagram.com/MyScarIsSexy)

Book Christina

Christina Helena

ALL RIGHTS RESERVED, © I AM CHRISTINA, LLC.