



Long Form Bio

La Toyia Conway-Hampton is highly passionate, result-driven well-known speaker, she articulates directly from the heart, with her high energy, passionate demeanor, inspiring stories and lively sense of humor. She has a way of capturing and maintaining the attention of her diverse audience while inspiring change.

Also renowned Transformational Life Coach whose underlying mission is to help women heal from the past, aligns with the present, and cultivates a wonderful, empowering future. Specializing in domestic violence and sexual assault survivor services, La Toyia has an extensive 20+ year background involving personal development, motivational speaking, influencing systemic change, and as a domestic violence survivor herself, she enjoys every moment helping women obtain breakthrough mindset shifts so they can live the prospering lives they deserve.

Humble Servant

La Toyia Conway-Hampton is truly a humble servant. La Toyia loves guiding surviving women on reaching optimal clarity, self-love, and happiness. Furthermore, she has a deep understanding of what it takes to help others break away from debilitating paradigms so they can achieve the confidence necessary to live extraordinary, fulfilled lives. In fact, outside of being a change agent, you can often find her doing community work, trained church leadership, speaking/educative engagements, and proactively expanding her resources across LA through her founded (2011) non-profit, Two-Lifestyles, Inc.

A Serial Entrepreneur

La Toyia has built a strong inventory of experiences both (GOOD and CHALLENGING) that have led her to become the respected coach that she is today amongst domestic violence and sexual assault survivors. Upon facing her own hardships of being a domestic violence survivor, it ultimately became the catalyst for La Toyia to support domestic violence awareness and prevention across the societal scales. To date, La Toyia intertwined her dynamic experiences as a former national trainer and technical assistant providing technical support on parent engagement, eliminating racial disparities, and building community partnerships, and history as a now reunited parent into coaching sphere .

An Enterprise Was Born

La Toyia is a well-known speaker, best-selling author and coach, with over 23 years of experience in the Health industry. She has a way of capturing and maintaining the attention of her diverse audience while inspiring change. Her charisma has influenced the lives of many across the country. She empowers others to achieve the strength from within they need to succeed, while calming the negative self-talk conversation embedded in our thinking.

La Toyia has served in the Health industry in various roles including a trainer and technical assistant for Annie E Casey California Family 2 Family for years. She provided technical assistant on Parent Engagement, Eliminating Racial Disparities, Building Community Partnerships, and team decision making.

Short-Form Bio

Over the last 23 years, she has promoted change in several government programs, including the California Department of Corrections, the GAIN Welfare to Work program, the California Department of Social Services, and the Women Infants and Children (WIC) nutrition program. She is a successfully reunified mother of nine children. In 2007, she received the California Parent Leadership Award for parents leading the way. Experience has helped her articulate a personal motto she likes to share with others:

“Change is hard and painful--do it anyway!”

Currently, La Toyia works with coaching women and girls as well as women all over the world, which are battling with substance abuse, mental health, domestic violence, and HIV issues. With her worldwide online coaching sessions that can be found at latoyiahampton.com she plans to inspire and motivate. While Ms. Conway-Hampton has achieved great success as an advocate for victims of domestic violence, she now seeks to expand her reach and resources to meet the needs of the increasing number of domestic violence victims in Los Angeles County by her online coaching sessions and book series “NOW I KNOW” She will achieve this objective through the non-profit organization she founded 8.3.2011, Two Lifestyles, Inc.

La Toyia focused on community work, providing motivational presentations, training, and education on substance abuse, mental health, domestic violence, and HIV issues. She provided substance abuse assessments for child welfare systems and facilitated crisis interventions for perpetrators and survivors of domestic violence in a women’s drug treatment program

"Change is hard and painful--Do it Anyway!"