Women, Marriage & Relationships

Encouraging connection, strengthening communication, and building lasting legacy through faith-filled intention.

Through laughter, honesty, and Scripture-rooted encouragement, DeeDee connects with women and couples navigating marriage, motherhood, expectations, communication, and everyday overwhelm. Drawing from over four decades of marriage and military family life, she blends Biblical truth with practical wisdom and refreshing humor.

1️⃣ The Secret Sauce to a Marriage That Lasts (and Laughs)

C.H.E.R.I.S.H.—Ingredients for an Extraordinary Marriage

Communication • Heart • Expectations • Respect • Intimacy • Security • Humor

In this engaging and practical session, DeeDee unpacks the C.H.E.R.I.S.H. framework—blending faith and real-life wisdom drawn from 42 years of marriage.

Couples and individuals alike leave

- encouraged
- connected
- equipped to strengthen relationships with intention and joy.



Available for:

- Women's retreats and conferences
- Marriage retreats and couples events
- Military spouse gatherings and chapel events
- Writers conferences and publishing workshops

Format Options Available as:

- 45–60 minute keynote
- Breakout sessions
- Multi-session conference tracks
- Retreat formats
- Workshops & intensives

DeeDee Lake
Speaker • Author • Business Coach for Authors
www.deedeelake.com

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2️⃣ Extraordinary Relationships Don't Happen by Accident

ChoosingExtraordinary Over Ordinary

Strong relationships are built through intentional daily choices. This message challenges attendees to move from autopilot to purposeful connection—whether in marriage, family, or close friendships.

Participants leave with:

- Practical steps for strengthening communication
- Renewed perspective on everyday connection
- Encouragement to lead with intention



3️⃣ Keeping Your Sanity While Loving Your People

Strengthfor theWomenWhoHoldItAllTogether

For women balancing faith, family, expectations, and responsibility, this uplifting message provides realistic strategies for building strong relationships without losing yourself in the process.

Women leave

- refreshed
- reassured
- reminded ...they are doing better than they think.

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