

# GALINA SINGER

**Writer | Speaker | Intimacy & Relating Coach**

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I help you fall in love with your life, your body & your relationships.



## ABOUT GALINA

Galina Singer offers a perspective on relating that both challenges and liberates.

Rather than teaching people how to communicate better or spot red flags, she asks a more uncomfortable question: *What if the work isn't fixing your partner, but learning to feel safe within yourself?*

Through her Safe to Be Me framework, Galina explores what becomes possible when it is truly safe to be yourself, in your body, your emotions, and your relationships. She challenges the belief that our suffering in love is caused by others, and invites people out of the comfort of blame and emotional outsourcing, into self-responsibility, emotional maturity, and inner safety.

Drawing from somatic awareness, nervous system regulation, and lived relational experience, her work helps people change the way they relate to themselves, knowing that the relationship to self sets the tone for every other one. Often described as confronting but deeply empowering, her work shows how sourcing safety, love, and authority from within turns responsibility into freedom, allowing relationships to become places of real connection rather than self-abandonment.

Her work resonates deeply with audiences who are tired of surface-level advice and ready for conversations that respect their intelligence, humanity, and capacity to grow.



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## Book Galina for speaking engagement

- As a guest lecturer
- As a podcast guest

## Suggested speaking topics:

### *Relating to Self*

- How to Stop Abandoning Yourself in Love
- The Relationship You Can't Outsource: You

### *The Body, Attachment, and Intimacy with Others*

- (How) Your Nervous System Is Running Your Love Life
- Why Safety Is More Transformative Than Passion
- From Triggers to Truth: What Conflict Is Really Asking of Us

### *Rewriting the Rules of Love: Cultural Myths & Relational Patterns*

- Why There is No Such Thing as a Healthy Relationship / (Debunking) The Myth of the Perfect Partner
- Why Modern Relationships Fail: Not From Lack of Love, but from Chronic Self-Abandonment

## The following are some links to my prior speaking engagements:

[Deepen Your Relationships and Create More Connection, Presence, and Intimacy](#)

[Disrupting Relationship, Reclaiming The Self](#)

[Is Intimacy with our partner a Need or a Strategy?](#)

[Does Your Culture Conflict with your Authenticity? A trauma-informed conversation](#)

[Unpacking the Mother Wound](#)

[Exploring the mother, daughter Journey through sovereignty](#)

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*Galina is an extremely articulate speaker who courageously brings a wealth of personal life experience to the stage. Speaking from her own lived experience she creates rapport and engagement with the audience while providing valuable life lessons in carving our own path.*

*~ Miroslav Petrovic, Embodied Speaking Training*

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*Galina holds profound wisdom, and her compassion and love for whom she sits with is unfathomable. She speaks with poise and really draws in her listeners with the blinding light that emanates from the truth bombs she shares.*

*~ LeLii, Conscious Coach, Entrepreneur, Visionary*

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