



[www.danache.com](http://www.danache.com)

*Dana Che*

KEYNOTE SPEAKER | AUTHOR |  
RELATIONSHIP COACH

MEDIA KIT

# Hi, I'm Dana Che!

## PURPOSEFUL GUIDANCE YOU CAN TRUST

I am a marriage and relationship coach, author, speaker, and podcast host dedicated to helping people master the art of healthy connection. With a purposeful and practical approach, I equip corporations, ministries, teams, and individuals to navigate communication challenges, establish healthy boundaries, build sustainable rhythms for emotional well-being, and move beyond fear and anxiety.

I hold a B.A. in Communication from Regent University and bring both professional training and lived experience to my work. A lifelong resident of Virginia Beach, Virginia, I have been married to my husband for twenty-six years, and we have four children.

My message is simple but transformative: conflict doesn't have to divide—it can become a powerful tool for deeper connection, stronger commitment, and more cohesive relationships.



[www.danache.com](http://www.danache.com)



[www.rebuildinguspodcast.com](http://www.rebuildinguspodcast.com)



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## SAMPLE SPEAKING TOPICS

- ✓ From Strife to Synergy: How Conflict Can Strengthen Connection
- ✓ Communication 101: Conversation Tools for Connecting with Confidence & Clarity
- ✓ Beyond Bubble Baths: Soul-Care Hacks for Beating Burnout
- ✓ Brave Boundaries for Restoring Relationships

[Watch my speaker reel here.](#)

AS SEEN IN



THE MOMCO  
BY MOPS INTERNATIONAL

## Client Testimonials

“Dana is witty, charming, and brings such light to such heavy subjects, which makes her an incredible speaker. I highly recommend her!

*Candice Gordon,  
Mom Co. Director*

“Dana Che had the entire audience at the edge of their seats! I really resonated with her stories and her own vulnerability.

*Adam Flores,  
The Dream Factory CEO*

# The Podcast

## REBUILDING US



With over 1 million downloads, my top-rated podcast, **Rebuilding Us**, helps struggling couples rebuild their lives and their love. Each episode is packed with practical and relevant wisdom from a faith-perspective. Listeners constantly comment on how “real, raw, and authentic” the show is and how it has greatly improved their relationships. Shy away from intimate conversations? No way! Sex, loss, betrayal, longing, etc. We talk about it all to heal from it all.



### MOST RECENTLY DOWNLOADED EPISODES

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**How to Talk So Your Partner Will Listen**

**The #1 Reason Marriages Fail That  
No One Talks About**

**How to Express Your Feelings Without  
Causing Misunderstandings**

**Burnout of the Busy Wife: When  
Giving Too Much = Loving Less**

**Are You a Peacemaker or a  
Peacefaker?**

### STATISTICS

**1 mil+**

total podcast  
downloads

**40k+**

average monthly  
downloads

**2**

episodes per week

**4.9**

podcast rating

### MY AUDIENCE

**73%**

women

**55%**

28-44 yrs old

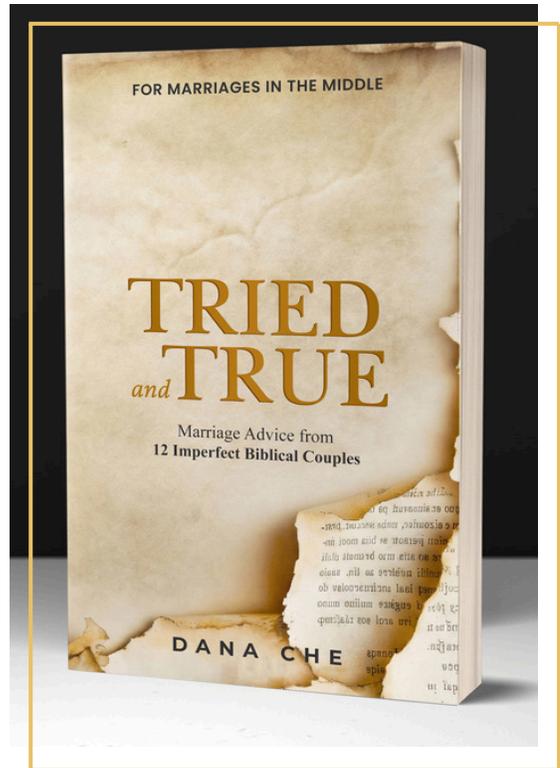
**78%**

USA

# The Book

## TRIED AND TRUE

**Tried and True** speaks to couples who love each other but feel stretched by the realities of marriage. Through the stories of twelve imperfect biblical couples, I show how disappointment, conflict, and waiting can become sacred ground—places where trust is rebuilt, faith is refined, and connection grows deeper.



## KEY THEMES

- Marriage in the middle—beyond crisis and clichés
- Faith, resilience, and relational maturity
- Rebuilding trust and emotional safety
- Commitment over compatibility
- Connection refined through tension, not comfort

## IDEAL AUDIENCE

**Married couples**

**Faith-based audiences**

**Relationship-focused programming**

**Church and ministry leaders**

**Family and lifestyle segments**

[Click here](#) to access the full media kit for Tried and True, including press materials and interview resources.



## WHO I WORK WITH

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Because both business and interpersonal relationships need help and healing, my topics span multiple industries. I work mostly with churches, corporations, non-profits, teams, parenting groups, schools, and colleges.

## WHAT YOU CAN EXPECT

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Humor is my love language! I bring a fresh perspective to often heavy topics. Whether speaking to the masses or smaller groups, my aim to inspire, empower, and equip my listeners with the transformational tools they need to thrive in life. And I do it all with grace, a little bit of spunk, and a lot of wisdom.



## GET IN TOUCH

I look forward to meeting you and discussing how I can serve your group with an inspiring and memorable talk that will propel them into healthier, more productive lives.

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