

ARILIA WINN

Author, Speaker, Podcast Host & Business Owner



In 2014, her seventh year of undergrad, nearing the completion of a Mass Communication degree, Arilia faced a pivotal moment. She was pregnant and the dream of pursuing Journalism felt misplaced, steering her toward a more authentic path—becoming a full-time, stay at home author. Guided by a mentor, she worked as a copy editor remotely for book publishers, but her own book remained unwritten.

The turning point came when Arilia's focus shifted to advocating for victims of domestic violence and sexual assault. A survivor herself, Arilia founded a book publishing company in January 2018, while simultaneously embarking on a journey toward mental wellness.

Balancing the growth of her business and personal healing from trauma wasn't easy. Not only was she working on that, but she's been raising her daughter as a single mother whose committed to pursuing her dreams.

As the C.E.O. and Founder of Winn Publications, Arilia supports independent authors, offering services, distribution, and publishing opportunities. Her personal portfolio includes 8 published books, ranging from works on healthy relationships to children's literature and fiction. Her achievements span publishing over 40 books, designing nearly 100 books, and securing 7 Amazon Best Sellers. Hosting events like "The Sunshine Handmade Market" and conducting writing workshops.

Beyond business, she's a vocal advocate for mental wellness, designing affirmation journals and sharing her story as a survivor of domestic violence and sexual assault. She advocates for trauma victims and serves as a founding board member of Simply Encourage Non-Profit Organization. Encouraging trauma survivors to write to heal, Arilia shares her story of how journaling coupled with Cognitive Behavioral Therapy have created more moments of wellness for her.

Professionally, her passion lies in sharing writing and publishing insights, aiding readers and writers in navigating the world of book publishing. Personally, she is equally zealous about sharing her wellness journey, assisting women in creating more moments of wellness in their lives.

Dedicated to fostering a supportive community, she believes in strong healthy relationships, constantly seeking innovative solutions and encouraging creativity. For over a decade, she has stood as an advocate for women who have faced domestic violence and sexual assault, sharing her testimony in a fiction short story titled "In the Beginning." "In the Beginning" is a prelude to an anthology titled "Limerence" which is set to come out in the Fall of 2024.

Participating in events like the "Mind.Body.Soul: It's All Connected, Let's Heal Together" virtual panel discussion in April 2023 and the "Industrious Women's Summit" hosted by the Better Business Bureau of Southern California in August 2022, her speaking engagements are a pivotal part of her advocacy. As an author, speaker, podcast host, and business owner located in Melbourne, Florida, her mission is clear—to inspire and empower, sharing a story of triumph over adversity and the promise of hope.



Workshops

Write to Heal: Journaling for Trauma Survivors

This workshop guides survivors through therapeutic journaling, providing a cathartic outlet for healing and personal growth.

Navigating the World of Book Publishing

Learn the ins and outs of publishing, empowering aspiring authors with knowledge and strategies to navigate the competitive industry.

Live Well Your Way: Taking Control of Your Life

Promote wellness by empowering participants to create their unique path, reclaiming control after navigating challenging life situations.

Crafting Your Personal Story: From Experience to Narrative

Transform personal experiences into compelling narratives, empowering participants to share their stories authentically and impactfully.

Empowering Single Parents: Balancing Dreams and Parenthood

This workshop equips single parents with practical tools to balance personal aspirations and parenting responsibilities, fostering empowerment and resilience.

Target Audience

Survivors of Domestic Violence and Sexual Assault, Aspiring Authors and Writers, Single Mothers and Parents, Mental Wellness Advocates and Enthusiasts

Keynote Topics

Inspiration, Survivors Empowerment, Mental Wellness, Personal Growth, Mentorship, Motherhood, and Professional development

Services Offered

Publishing Services, Mental Wellness Resources, Speaking Engagements, Writing Workshops, Advocacy and Support



Features & Press

In no particular order, here are some of the places that I have been featured for my work in the community.

- [Canvas Rebel "Meet Arilia Winn"](#)
- ["Meet Arilia Winn of Winn Publications in Orange County"](#)
- ["Women-owned businesses blossom at the Sunshine Handmade Market"](#)
- ["Meet Arilia Winn: Author & Publisher"](#)
- ["And I Stand & Winn Publications LLC Announce Official Collaboration"](#)
- ["Sunshine Handmade Market Celebrate Self Care Month"](#)
- ["Purple Parade calls attention to domestic violence, bullying"](#)