



Tammy Bowe-LaCroix

Podcast Host | Keynote | Author | Intimacy Coach

Introduction

Tammy Bowe-LaCroix is a wife, mother of three, and the owner of The Marriage Lab LLC. She is a passionate speaker, author, podcast host, and an intimacy and relationship coach who helps Christian women prepare and maintain their mind, body, and spirit for the marriage God has for them.

With over a decade of experience, she uses a holistic approach combining coaching, teaching, exercises, and faith-based guidance to help women feel more connected to their bodies, themselves, and their spouses—transforming how they understand and experience intimacy in their lives.

Speaking | Workshops

- God and Sex 101 - Understand God's foundational framework for Marriage
- Confidence BuildHer - Discover your confidence level
- Rekindling the Spark: Restoring Intimacy
- Steward Your Sexuality: Singles & Marriage
- From Shame to Desire: Reclaim Your Power

The Mission

To empower Christian women to heal their relationship with sexuality, break free from shame, and experience sacred, fulfilling intimacy in their bodies, marriages, and lives.

Audience Takeaways

- ✓ Heal Your Relationship with Sexuality
- ✓ Build Intimate Marriages
- ✓ Master Sexual Communication
- ✓ Understand God's Design for Intimacy
- ✓ Break Free from Shame
- ✓ Transform Your Self-Worth
- ✓ Experience Fulfilling Intimacy

Testimonials

"Hearing you helped me understand that I need to be more intentional about my marriage." **S. Hurley**

My marriage felt distant. Now it feels like we're one again. **M. Davis**

"I thought I was ready for marriage... but I wasn't even connected to myself. This journey helped me heal, grow, and prepare the right way. Now I feel whole, not just waiting." **K. Brown**

"I felt lost... now I feel seen, safe, and connected again." **D. Jones**

Connect With Me



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I help Christian women prepare and maintain their mind, body, and spirit for the marriage God has for them.

"Transformation begins when you choose to heal yourself first."