

# KayDianna Davis Garza Steps into Advocacy After Netflix Series Appearance, Launching Platform to Empower the Silenced

DALLAS, TX, UNITED STATES, August 5, 2025 /EINPresswire.com/ -- After four impactful seasons as a Dallas Cowboys Cheerleader, KayDianna Davis Garza is using her voice in a new way—this time, as an advocate for those silenced in the workplace and affected by cyberbullying. Her story, which gained national attention following the release of the Netflix series America's Sweethearts: Dallas Cowboys Cheerleaders, is now becoming a platform for healing, empowerment, and purpose.



KayDianna Davis Garza, Former Dallas Cowboys Cheerleader and Participant on Netflix Season 2, America's Sweethearts & Creator of KM Coaching

The breakout moment came when KayDianna documented the team's trip to The Bahamas. Her experience sparked conversation and controversy. Though grateful for her time as a DCC, KayDianna faced unexpected adversity during her final season—adversity that was captured on film. Instead of retreating, she is stepping forward in faith, believing that God is using her story as a microphone for those who have felt unheard and unseen.

"Even though this is not how I envisioned my dance career ending, I believe this is bigger than me," says KayDianna. "There is power in the moments we feel powerless, and strength in the moments we feel weak."

A major theme KayDianna now speaks out about is cyberbullying—a harsh reality in today's social media-driven world. During her final year on the team and even now, she has been the subject of online harassment across multiple platforms. Strangers speak about KayDianna without knowing her, forgetting there's a real person behind the screen. Though the words often hurt, KayDianna leans on her faith and family to remind her of who she is.

She knows not everyone facing cyberbullying has that same support system—and that's why she's speaking up. "You are stronger than you think," she says. "And even when you can't see it,

God is working behind the scenes on your behalf."

KayDianna emphasizes the importance of self-advocacy, especially in moments when it feels like the odds are stacked against you. "If you don't speak out, who will? If you don't share your story, how will someone else find the courage to share theirs?" she asks. Her mission is to help others realize that they, too, have the strength to stand tall, to be heard, and to know they are not alone.

Now the founder of KM Coaching, KayDianna is pouring into the next generation. Through private mentorship and speaking engagements, she equips young people—particularly dancers and cheerleaders—with tools to navigate rejection, find resilience, and reclaim their voices. Her goal is to expand her reach and begin speaking at schools, businesses, conferences, and beyond.

The response has already been overwhelming. From high schoolers feeling overlooked on their drill teams to professionals enduring toxic work environments, people across the country are reaching out with stories that mirror her own. KayDianna hopes to shine a light on these shared experiences, reminding directors, leaders, and employers that every person deserves to be heard, seen, and valued.

"We have to do better," she says. "We are all human. We all have feelings. And everyone on a team deserves dignity and respect."

With her faith as her foundation and her mission clear, KayDianna is just getting started. She hopes her story inspires others to speak up, stand tall, and step into the purpose they were called to fulfill.

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Marcel Babers  
Kueblerpr  
marcel@kueblerpr.com



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