



LET'S WORK TOGETHER.

Entrepreneur: Author, Speaker, Coach, Home Cook
Enthusiast, Host, & US Navy Veteran

Shaniqua Cousins
SEEK PURPOSE. LIVE DREAMS.



Hello and Welcome!

I am Shaniqua of Shaniqua Cousins World Group LLC, a lifestyle brand dedicated to the creation of inspiring and transformative media content and resources for use by women.

I am committed to delivering audiences informative, encouraging, as well as, lighthearted, long-form and short-form content that ignites aspirations and lead to positive life outcomes.

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STAY CONNECTED

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Dreams TV

EXPERIENCED. AVAILABLE.

COACHING

Health and Life

Health Coach Institute (HCI) Certified: Helping women and men take action and make lasting changes to get amazing transformation in their lives.

One-on-one and Group Coaching (In App & LIVE Sessions) that helps clients uncover what's stopping, slowing down or keeping them from having the health and life they want.

CONFERENCE PARTICIPANT

Host, Key Note Speaker, Panel Discussion

Highly sought after keynote speaker/host for conferences, corporate events/meetings, and social gatherings; with numerous topics ranging from purposeful living, life enjoyment, goal achievement, healthy lifestyle habits, and self-improvement; developed concepts that are unique and insightful and provide practical solutions for application to everyday life.

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CONTENT CREATOR

Executively produces media content that reflects a passion for purposeful living and courage to authentically live out dreams! Content partnerships are only done with those who share this passion.



COOKING



FITNESS



INSPIRATION

COOKING DEMOS

LIVE and Recorded

As a southern home cook, she never shies away from an opportunity to prepare "real meals", flavored with love, as well as, invite others to pull up a seat in her virtual kitchen. Shaniqua shows home cooks how to use food as a basis for wellness, since it has direct input into one's health, wellness, and vitality.

Love for home cooking, health, and wellness led to the release of Shaniqua Cousins Flavored with Love; a collection of home made recipes, health and wellness suggestions, and fond memories.

COLLABORATIONS

Brand Partnerships

SC Lifestyle Brands and Resources available for brand partnerships

Seek Purpose, Live Dreams TV (SPLD TV), a newsletter, streaming and talkshow platform. Programming topics include cooking, entrepreneurship, family, home, personal development, and wellness.

Total Transformation Breakthrough Program (TTB), signature coaching that get results. Offered as a Private one-on-one 90 Day Intensive/5 week group program. Designed to give information that is relevant, practical and actionable, so participants can stay out of overwhelm and take action.

Women Seeking Purpose and Living Dreams Experience (WSPLD), founded and hosted by Shaniqua, annual intimate conference experience dedicated to creating an atmosphere that stirs inspiration and ignites transformation with the goals of showcasing, building and encouraging strong female role models. Flagship location: Shaniqua's hometown, Charleston, SC.

Shaniqua Cousins Flavored with Love, initially released as a cookbook, has expanded to offer home cooks resources to help them transform meals and create sustainable changes, so they can optimize their health and wellness - one meal at a time, without dieting and deprivation.

SC Stationary Series, custom designed gift box collection. Initially launched with Letters To My Daughter: Moments Captured, Bonds Sealed, in honor of Shaniqua's daughter and the unbreakable bond they share as mother and daughter, has expanded to include stationary for additional familial relationships.