

SOCIETY OF WOMEN BUSINESS OWNERS

01  
December  
2022

**FEATURED  
AMBASSADOR**

**ANDREA M. SMITH**  
Mental Health Coach

**SOWBO**

**NETWORKING**

building an international sisterhood

Business Directory



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**TONYA LATNEY - SOWBO FOUNDER**  
MS,BSN, RN

<https://sowbomagazine.org>  
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Telephone: 1-888-702-7428



# Meet the SOWBO team



**TONYA LATNEY**  
MS, RN, BSN, CWP  
Founder and Publisher



**DANA HOLMES**  
Marketing



**ZAKIA PARSON, BS**  
Personal/Executive Assistant



**DAWN CRUMP**  
Project Manager



**Sri Madasu**  
Graphic Designer



**ANDREA SMITH**  
Graphic Designer



**REV. BLANCHE CALLAZO**  
Chaplain



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# EDITOR'S NOTE

Welcome to the Society of Women Business Owners (SOWBO) Business Directory!

In 2009 I was given the vision of helping women to unite, build and birth their business. The SOWBO organization was founded because when I started the entrepreneurial journey I could not find the assistance or resources I needed on how to start a business. My inner voice spoke to me saying "if you cannot find it create it" and SOWBO was birthed. SOWBO started out with weekly and monthly meetings. In 2014 I hosted my first SOWBO event bringing women together on a larger scale. Three years later in 2017 I had a vision to connect with women on a global and international level and out of that vision SOWBO magazine was birthed. The magazine uses a holistic focus (mind, body, spiritual, and financial) to reach women worldwide.

My vision continues to grow with ways in which I can connect women to share their Purpose and Power. The organization consists of professionals who are well rounded in different industries and businesses.

The mission and vision of SOWBO the organization, SOWBO magazine and SOWBO business directory is to continue to connect women business owners worldwide/internationally. Therefore, I wish to share your business with other women entrepreneur, and others that are seeking your services.

Thank you for sharing in my vision and dreams. I wish your business much success and wealth.

**Tonya Latney, MS, RN, BSN, CWP**  
**Founder and Publisher**



# ARIZONA

**Jaclyn Burke**  
**Bride Rush**  
**16445 N 91st Street Ste 106**  
**Scottsdale, AZ 85260**  
**Telephone: 480-307-8476**  
**Website: jaclyn@briderush.com**

**Pat Inclema**  
**Greater Phoenix TipClub**  
**Telephone: Phone: 800-798-0270**  
**Email: pat.inclema@tipclub.com**  
**Website: www.TipClub.com**

**Linda C. Mitchell, FNP-C,**  
**PMHNP-BC**  
**Telephone: 520-582-8772**  
**Email: lcmitch1@gmail.com**

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**Whova, Inc.**

**7310 Miramar Road, Suite 200**

**San Diego, California 92126**

**Telephone: 1-855-978-6578**

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---

## DELAWARE

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**Crystal Peurifoy, Founder and CEO  
Healthcare Solutions Medical coding/Billing  
Telephone: 856-481-2633  
Email: [crystal@hcphealthcare.com](mailto:crystal@hcphealthcare.com)  
Website: [www.hcphealthcare.com](http://www.hcphealthcare.com)**

**Kimberly Cheri S. Fisher  
Author, Motivational & Inspirational Speaker  
P.O BOX 422  
New Castle, DE 19720  
Telephone: 302-530-2143**

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get there if  
you are willing to work.

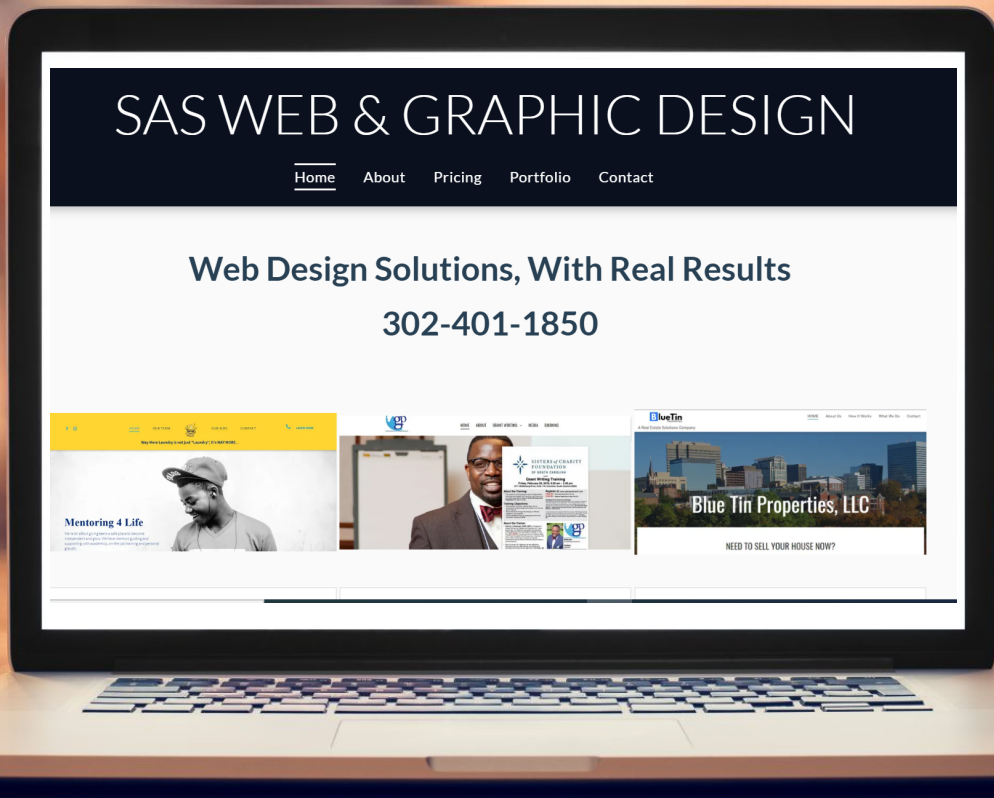
**Oprah Winfrey**





# WEB & GRAPHIC DESIGN

Newark, Delaware



**Andrea M. Smith, Owner**  
**Phone: 302-401-1850**  
**Email: info@saswebdesign.com**  
**Website: www.saswebdesign.com**

# FLORIDA

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**Real Property Executives, LLC**  
**950 South Pine Island Road Ste. A150**  
**Plantation, FL 33324**  
**Telephone: 954-587-8521**  
**Fax: 888-490-5624**  
**Cell: 954-639-3866**  
**Email: [scarpenter@rpexecutives.com](mailto:scarpenter@rpexecutives.com)**  
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**Tara Richter Publishing LLC**  
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**Boujee'Bling with Angel Nicole**  
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**Website: [www.angelnicoleboujeebling.com](http://www.angelnicoleboujeebling.com)**



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**Lauren Mossing**  
**Color Street Dry Nail Polish Strips**  
**Independent Stylist**  
**Telephone: 614.270.0048**  
**Website: laurenmossing@gmail.com**

**Veronica Blakely, Chairperson**  
**Black Business Expo**  
**P. O. Box 273642**  
**Tampa, FL 33688**  
**Telephone: 813-787-3944**  
**Website: www.regionalblackchamber.com**

**Veronica Blakely, Ed.**  
**SV's Voice Communications, Inc.**  
**"If You Can Speak It, I Can Tweak It."**  
**P. O. Box 273642**  
**Tampa, FL 33688**  
**Telephone: 813-787-3944**  
**Website: www.VeronicaBlakely.Biz**  
**Facebook: www.Facebook.com/VsVoice**  
**Twitter: twitter.com/VeronicaBlakely**

**Ersula Odom**  
**Sula Too LLC**  
**DMBE/DWBE & SBE Certified**  
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President & CEO





**Colena Brown, LPC**  
**Licensed Professional**  
**Counselor**

Founder and CEO of Realizing What Matters  
Telephone: 888-686-5010  
Email: Colena@rwmservices.com  
Website: www.rwmservices.com

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**Adrienne Graham**  
**Mogul Chix, LLC**  
**P.O. Box 1264**  
**Alpharetta, GA 30009**  
**Telephone: 347-450-7609**  
**Email: adriennemogulchix.com**  
**Website: www.mogulchix.com**

**Darlaina Rose, CEO**  
**Darlaina Rose Life Coaching**  
**Telephone: 215-669-3670**  
**Email: Darlainerose@justthegurlz.com**  
**Website: www.DarlainaRose.com**  
**Twitter: @LifeCoachRose**  
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**Lisa Landry**  
**US HEALTH Advisors**  
**Licensed Agent**  
**1770 The Exchange STE 150**  
**Atlanta, GA 30339**  
**Telephone: 602-793-9071**



**Indira Wilburn**  
**Media Personality and**  
**Online Beauty Supply**  
**Owner (Haus of Phoenix**  
**Beauty Hair Care**

Telephone: (267) 231-6415

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Website: [Houseofphoenixhair.com](http://Houseofphoenixhair.com)

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## ILLINOIS

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“The most successful entrepreneurs I know are optimistic. It’s part of the job description.”

**Caterina Fake**



# EVERY WOMAN HAS A STORY



## HEALING IS NOT A MAGIC PILL

— *Andrea M. Smith* —

***Every woman has a story, and mine is probably no different than most. However, what makes it unique is that only I can tell it.***

I've learned how to not allow anyone to define my story and be transparent enough for others to be inspired by it. My process of healing has brought me here and what a journey it has been.

***Healing is not a magic pill*** that changes you over night, it is a process that you must submit to and participate in the lessons it teaches. It equips you with the strength and wisdom to maturely manage your emotional and mental wellbeing, while requiring you to be accountable. The goal of healing is to help you to develop through an inward change that shows up in every area of your life.

The process of healing gets to the root of a thing, so that you cut off what your pain is producing, and the behaviors, and patterns associated with that pain. When healing happens, a shift in your mindset takes place, creating an emotional and mental strength that enables you to no longer be bound or subject to what your pain has watered and given life to.

I realized in my process of healing that while I was learning to embrace who I am, I was also learning how to execute who I am. I was no longer trying to live in perfection, but to live authentically. John 8:32 says “And ye shall know the truth and the truth shall set you free”, however here is the understanding you must grasp, before the truth can set you free you need to recognize what lie is holding you hostage.

Rejection and acceptance were always speaking to me, and I responded accordingly so much so that I was mentally crippled, and I couldn't move forward. I was contributing to my own suffering and just couldn't see it.

The Lord had to teach me that if I was going to heal that I would have to give up control. I had to stop being afraid of revealing too much and of what would be exposed. I learned I would have to surrender control to gain control. It did not mean I would be one would dismiss my pain, rather I would no longer be afraid to feel it, and not always be overwhelmed by what I felt.

Anger, sadness, withdrawing, and shutting down were causing me to create instant remedies for my pain. All of it was driven by fear and would only produce a temporary result. I had to stop self-diagnosing and medicating myself. My mind boosted by fear created thoughts about myself and others that were completely distorted.

I am so grateful to God for teaching me how to embrace and tell the truth without shame or regret. I live my life knowing that I must be spiritually and mentally well. Every decision I make is based on and flows through the strength of these two areas of my life. Living broken showed up in every area of my life, and through my intimate process of healing with the Lord, I now live in the reverse and healing now shows up in every area of my life.

True healing empowers you to live free. I live with a mind that is free to think, process thoughts spiritually, and fight thoughts that attempt to cloud and shake that freedom. My mind is no longer consumed with the "why" of my hurts and I don't live afraid of being reinjured.

I have set boundaries and standards that I do not allow to be compromised nor do I feel guilty in enforcing. I no longer give or receive love from a broken place and my heart is open to receive. I do not reason away what is true.

Healing was a decision and commitment I made to the work that would get me there. I stopped wasting time waiting on apologies, for someone to feel bad about what they did to me, and staying stuck trying to figure out how others could not see what they did to me was wrong. My mental well-being is my priority. My process helped me put my emotions in order and taught me how to treat and care for myself.

I want you to be encouraged to know that God is your hope, and your healing is now. There is a time right before the healing of God comes, and it is called the "*just before moment*." It's the moment I learned to not allow fear to overwhelm my thoughts and emotions and cause me to mishandle. Why, because if I was not careful, I could make a move that delayed what the Father was about to do.

As you are working through your process don't get anxious in your "*just before moment*". Take what your process has revealed to you, rest your mind, relax, and bring the thoughts of doubt in. Be grateful for where God has brought you from and what he is bringing you to.

It gets deep at times, you may be feeling some type of way, and everything you see and hear is telling you it won't happen, and that's ok. Just remember **THE FATHER IS WITH YOU** and your ability to hear him is what will make the situation or circumstance better and your healing remain.

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<https://instagram.com/restored2live>



# INDIANA

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---

**Mary C. Moore, Field Associate**  
**PHP Agency**  
**Registered Nurse/Living Benefits Specialist**  
**Email: Phpmarymoore46@yahoo.com**  
**Telephone: 317-374-3339**

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building and sharing that  
story”

**Tamara McCleary**

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**Lakeisha Langston Hughes**  
**5011 Arbutus Avenue**  
**Baltimore, Maryland 21215**  
**Telephone: 443-759-8921**  
**Email: langstonhughescbrce@gmail.com**

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**Harriet Tubman**



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**Terry Pogorzelski & Greg Pogorzelski**  
**Executive Director @ Kynect**  
**Phone: 609-751-2747**  
**Email: Gregpogo35@gmail.com**  
**Website: www.gregpogo.wekynect.com**

**Tisha E. Davis, Founder and Principal Graphic Designer**  
**Phone: 609-668-5602**  
**Email: TDavis@designjunkietees.com**  
**Website: www.designjunkietees.com**

**Terina Nicole Hill**  
**Modern Leather Artisan | Product Designer**  
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**Telephone: 201-477-8340**  
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**Carol Kent (Independent Sales Consultant)**  
**Cystal, China, Giftware**  
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**Hamilton, NJ 08610**  
**Telephone: 609-586-9455**  
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**Jo Ann Butler, J.D.; SHRM-SCP; CEBS  
Legislative and Regulatory Advisor  
1000 Atrium Way, Suite 403  
Mount Laurel, NJ 08054  
Telephone: 703-893-1456 x1134  
Cellphone: 610-761-2566  
Website: [www.cheiron.us](http://www.cheiron.us)**

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As a 13-time national business elevator pitch champion, Williams has been on top television shows and publications for her pitching, branding, and professional speaking skills. She was featured on Season 8 of ABC’s “Shark Tank,” CNN, MSNBC, Wall Street Journal, the movie, “LEAP,” as well as several others around the world. The philosophy of her “killer” pitch is evident in the strategic and personalized creative communications and presentations solutions Williams puts forth. As serial entrepreneur, international professional speaker, and coach, Williams is equipped to bring life, authenticity, strategy, and boldness to all your oral and written communication needs.

Williams is a graduate of Spelman College and Rutgers School of Law. She currently lives in Brooklyn, New York.

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### **Lauree Ofstrosky, PCC, CPC**

**Speaker | Author | Coach Simply Leap, LLC**

**Telephone: 202 630 3544**

**Email: [inquire@simplyleap.com](mailto:inquire@simplyleap.com)**

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### **Precious L. Williams, CEO**

**Perfect Pitches By Precious, LLC**

**Telephone: 347-782-9855**

**Email: [precious@perfectpitchesbyprecious.com](mailto:precious@perfectpitchesbyprecious.com)**

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**Boujee'Blng with Angel Nicole**

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**Email: [info@angelnicoleboujeebling.com](mailto:info@angelnicoleboujeebling.com)**

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**Delsey Avery**

**Independent Consultant Paparazzi**

**[Accessoriesdelt4real@gmail.com](mailto:Accessoriesdelt4real@gmail.com)**

**[www.paparazziaccessories.com/241942](http://www.paparazziaccessories.com/241942)**

**Shelley Deans**

**Sips and Shots**

**Phone: 252- 218-2393/252-294-7705**

**[sipsandshots2018@gmail.com](mailto:sipsandshots2018@gmail.com)**

**Tisa Sanders**

**Founder/Executive Director of**

**Entrepreneu(HER)**

**Market & Shows Expos**

**([Entrepreneuherinthecity@gmail.com](mailto:Entrepreneuherinthecity@gmail.com))**

**<https://www.entrepreneuherinthecity.com/tisa-bio.html>**



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---

**Jasmine Hill**  
Author | Speaker | Founder, The Fear  
Hurdler [jasmine@thefearhurdler.com](mailto:jasmine@thefearhurdler.com)  
[www.TheFearHurdler.com](http://www.TheFearHurdler.com)

**Latasha Hicks**  
[www.tcssweetdesigns.com](http://www.tcssweetdesigns.com)  
[www.facebook.com/tcssweetdesigns](https://www.facebook.com/tcssweetdesigns)

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Certified Christian Life Coach & Vision Board  
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Owner, Magnolia + Moss Boutique  
Email: [ljsevent@gmail.com](mailto:ljsevent@gmail.com)  
Mobile: 919-349-5462

**Taylor Hayden**  
Catering Sales Coordinator  
Direct: 919-653-0176 |  
[thayden@macgregordowns.org](mailto:thayden@macgregordowns.org)  
[www.macgregordowns.org](http://www.macgregordowns.org)

**Sharon Campbell Solution Group**  
Sharon Campbell-M.B.A., C.B.C., C.N.E,  
C.D.E., C.N.C., C.N.M.  
CEO/Principal Partner  
Jefferson Square  
308 West Millbrook Road Suite F 1st Floor  
Raleigh NC 27609  
919.714.9622 office/919.274.6845 mobile  
[sharon@sharoncampbellsolutiongroup.com](mailto:sharon@sharoncampbellsolutiongroup.com)  
[www.sharoncampbellsolutiongroup.com](http://www.sharoncampbellsolutiongroup.com)

# OHIO

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## OHIO

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**Lauren Mossing**  
**Independent Stylist**  
**Telephone: 614.270.0048**  
**Email: laurenmossing@gmail.com**

“Nothing will work unless you  
do.”

**Maya Angelou**



**The Cheesecake Lady  
Vanessa Jackson**

Telephone: 267-575-3952

Facebook: The Cheesecake Lady

Instagram: @philcheesecake

**PENNSYLVANIA**

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## **PENNSYLVANIA**

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**Darlaina Rose**  
Health Coach, Speaker, Trainer  
Telephone: 267-521-2001  
Email: [info@darlainarose.com](mailto:info@darlainarose.com)  
Website: [www.darlainarose.com](http://www.darlainarose.com)

**Tammy Grant, CEO**  
Creative Expressions Picture Video Service, LLC  
Phone: 610-809-2187  
Email: [Creativeexpressionspvs@comcast.net](mailto:Creativeexpressionspvs@comcast.net)  
Website: [Creativeexpressionspvs.com](http://Creativeexpressionspvs.com)

**Daisia Williams, BSW, MSWC**  
Scholarship Secured Masterclass  
Website: [www.scholarshipsecured.com](http://www.scholarshipsecured.com)  
Website: [www.scholarshipsecured@gmail.com](mailto:www.scholarshipsecured@gmail.com)

**Florence Norville-Cheek, MBA**  
Financial Services Professional  
New York Life Insurance Company  
555 East City Avenue, Ste. 800  
Bala Cynwyd, PA 19004  
Telephone: 610-660-7696

**Donna's Business Services, LLC**  
501 Washington Lane, Suite 304  
Jenkintown, PA 19046  
Website: [donna@dbb-llc.com](mailto:donna@dbb-llc.com)

**Nisaa Showell**  
Office of Ji Hellenbrand  
Farmers Insurance  
605 Louis Dr Ste 508  
Warminster, PA 18974-2830  
Telephone: 215-672-2202  
Fax: 215-672-2203  
Email: [nisaa.jhellenbrand1@farmersagency.com](mailto:nisaa.jhellenbrand1@farmersagency.com)  
Website: [www.farmersagent.com/jhellenbrand1](http://www.farmersagent.com/jhellenbrand1)



## God's Intended Life Ministries

Contact: Elder Blanche E. Callazo  
Philadelphia, PA 19140

Phone: 267-225-6272  
Email: Elderbec@gmail.com

*"Go thou to the sea, and cast an hook, and take up the fish that first cometh up; and when thou hast opened his mouth, thou shalt find a piece of money: that take, and give unto them for me and thee. (Mat 17:27)"*



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- **Job:** <sup>1</sup> Quarterly Income & Expense Report; <sup>2</sup> Yearly Budget Report; <sup>3</sup> Weekly T&E Membership Tallies.
- **Deliverables:** <sup>1</sup> Electronically, <sup>2</sup> F2F Drop-off.

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## PENNSYLVANIA

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**Nia's Relationship & Life Coaching, LLC**

**Phone: 984-377-7440**

**Email: niabthecoach@gmail.com**

**Website: www.niambarnes.com**

**Instagram - @Nia\_Talks**

**Facebook - Nia\_Talks**

**Life Coach, Certified Financial Literacy Specialist, Certified Travel Consultant, and Spiritual Life Coach.**

**Office Number: 1-844-388-5288**

**Direct Cell Number: 267-596-4636**

**Email: TraceyMclaurinEnterprise@gmail.com**

**Bridgette Holmes**

**It's Your Girl and I'm Doing It**

**Three4LIFE Productions**

**Telephone: 215-500-6425**

**Email: bridgettecrew@yahoo.com**

**Cessely Nixon**

**Telephone: 1-215-821-6725**

**Email: owner@jlwholesalerealty.properties**

**Email: jlwholesalerealty@zohomail.com**

**Patricia Tingle**

**Mary Kay Sales Director**

**www.marykay.com/ptingle**

**Telephone: 215-633-7345**

**Cellphone: 215-820-3390**



**Franne McNeal**

**Significant Business Coach,  
Author**

**Email: Franne@SignificantYouC.com**

**Website: www.SignificantYouC.com**

**Facebook: SignificantYouC**

**Twitter: SignificantYouC**

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**Tyra Gardner, PhD (c), M.Ed.,  
MS, CAMS-II**  
1215-485-6788 / 1484-278-1342  
Tyrasgardner.com

**PENNSYLVANIA**

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## **PENNSYLVANIA**

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**Dr. Susan Stukes**

**A whole Practitioner, Inner Smile Health Coach  
Certified Health Coach, Oral Health Specialist**

**Telephone: 855-643-3911**

**Email: [info@sevalife.net](mailto:info@sevalife.net)**

**Website: [www.Sevalife.net](http://www.Sevalife.net)**

**Erica Booth Tax & Accounting Services LLC**

**31 N Lansdowne Ave**

**Lansdowne, PA 19050**

**Email: [ericabooth01@gmail.com](mailto:ericabooth01@gmail.com)**

**Tracee Sigler, M.EVS., P.G.**

**Principle Partner/Owner**

**IAGE Engineering & Consulting**

**Telephone: 505.506.6060**

**SheGreg Products, LLC**

**150 Monument Road Suite 207**

**Bala Cynwyd, PA 19004**

**Telephone: 855-771-2069**

**Website: [www.zipmyself.com](http://www.zipmyself.com)**

**Kellie Greene, BS, TRS, MHA, MT**

**Healing Touch Mobile Spa & Wellness**

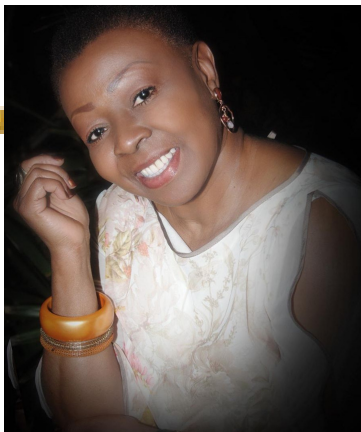
**Email: [Healingtouchmobilespa@yahoo.com](mailto:Healingtouchmobilespa@yahoo.com)**

**Patrice Banks**

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**Anna-Vija McClain**  
**Piccolo Marketing**  
**marketing strategies, business development**  
**Nashville, TN 37216**  
**[annavija@piccolomarketing.com](mailto:annavija@piccolomarketing.com)**  
**615-348-7768**

**Laurie Delk**  
**Web and Graphics Designer**  
**Branding and Marketing Expert**  
**P.O. Box 251**  
**Columbia, TN 38402**  
**Telephone: 931- 380-8811**  
**Telephone: 931 -626-0280**  
**[www.LaurieDek.me](http://www.LaurieDek.me)**

# TEXAS

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## TEXAS

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**Nia's Relationship & Life Coaching, LLC**  
**Phone: 984-377-7440**  
**Email: niabthecoach@gmail.com**  
**Website: www.niambarnes.com**  
**Instagram- @Nia\_Talks**  
**Facebook- Nia\_Talks**

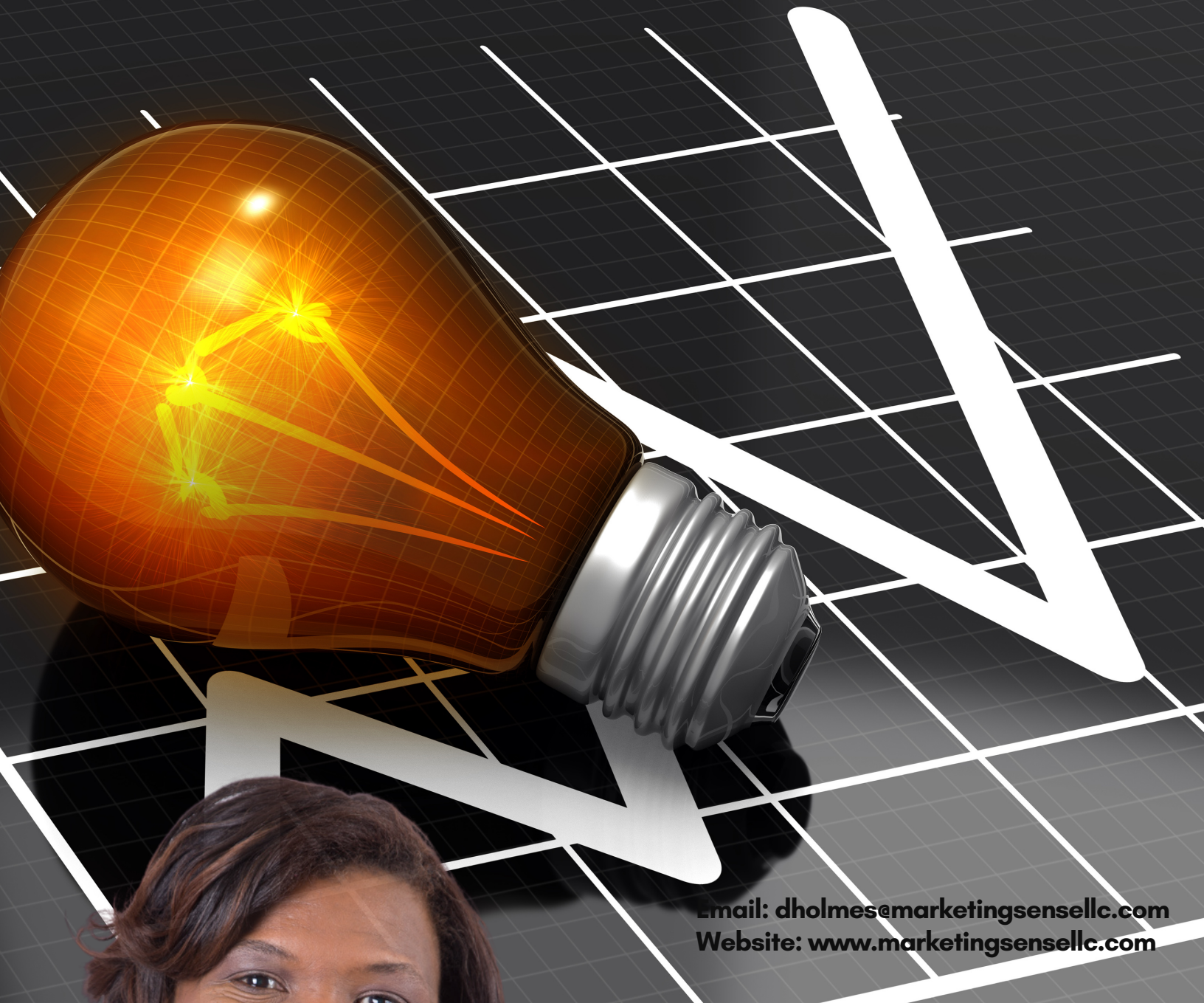
**Onyx King**  
**Author, playwright and public speaker**  
**Phone: 817-681-0366**  
**Email: onyxking4@gmail.com**

**Cindy Brown**  
**Life & Health Insurance Counselor**  
**Higginbotham & Associates**  
**7528 Bosque, Waco, TX 76712**  
**254-722-0402**

**Antania Priester**  
**Nia's Relationship & Life Coaching, LLC**  
**Telephone: 984-377-7440**  
**Website: www.niambarnes.com**  
**Email: niabthecoach@gmail.com**  
**IG- @Nia\_Talks**  
**FB- Nia\_Talks**

**Ariale L. Jones**  
**Power Forward Woman LLC TEAM**  
**Telephone: 469-630-1089**  
**Email: info@powerforwardwoman.com**  
**Website: www.powerforwardwoman.com**  
**LinkedIn: www.linkedin.com/in/powerforward**

# Marketing That Makes Sense And Money



Email: [dholmes@marketingsensellc.com](mailto:dholmes@marketingsensellc.com)  
Website: [www.marketingsensellc.com](http://www.marketingsensellc.com)



**Dana Holmes, CEO  
Marketpreneur**

**M@rketng  
Sense** 

# VERMONT

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## VERMONT

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**Helen J. Simon**  
**vtwriter@comcast.net**  
**Telephone: 802- 999 7224**

“Do what you love and success will follow. Passion is the fuel behind a successful career.”

**Meg Whitman**

# VIRGINIA

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## VIRGINIA

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**Christy Gilot ,CEO**

**Caress Boutique LLC**

**Telephone: 804-418-5515**

**Email: [info@caressboutique.com](mailto:info@caressboutique.com)**

**Website: [www.caressboutique.com](http://www.caressboutique.com)**

**Instagram: [caress.boutique](https://www.instagram.com/caress.boutique)**

**Facebook: [caressboutique](https://www.facebook.com/caressboutique)**

**Rachael Sims**

**L'Amour De Soi Cosmetics**

**Telephone:215-678-7931**

**Website: [www.lamourdesoicosmetics.com](http://www.lamourdesoicosmetics.com)**

# WASHINGTON

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## WASHINGTON

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**Daisia Williams, BSW, MSWcScholarship  
Secured Masterclass  
scholarshipsecured.com  
scholarshipsecured@gmail.com**

“A woman with a voice is by definition a strong woman. But the search to find that voice can be remarkably difficult.”

**Melinda Gates**



# CANADA

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## CANADA

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**Jyoti Rath**  
**KELLER WILLIAMS REAL ESTATE ASSOCIATES**  
**7145 West Credit Ave, Bldg 1#100,**  
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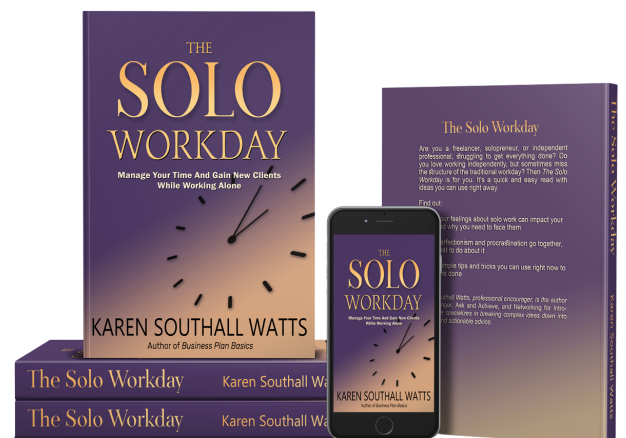
**Allana Media, Owner**  
**420 Main Street East, Suite 496**  
**Milton, Ontario L9T 5G3**  
**Telephone: 647-377-8445**  
**Website: [www.allanamedia.com](http://www.allanamedia.com)**



# KAREN SOUTHALL WATTS

*Professional Encourager, Author, Speaker*

I'm Karen Southall Watts, a professional encourager. I'm also an author, speaker, coach, and adult educator. My recent books include *Ask and Achieve: Questions in the middle of a woman's life* and *The Solo Workday: Manage your time and gain new clients while working alone*. I have worked in higher education for two decades, and for the last five years I've taught the unique Humanities 101—I am the humanities course for Bellingham Technical College, where I encourage students to explore their own creativity while studying the human experience. I offer individual and small group coaching as well as interactive workshops and talks. I've used face-to-face, phone, and digital communications methods, so no matter your preference we can connect.



**Find me online:**

**@askkaren on Twitter**

**[www.askkarencoaching.com](http://www.askkarencoaching.com)**

**[www.linkedin.com/in/karensouthallwatts](http://www.linkedin.com/in/karensouthallwatts) on LinkedIn**

# BOTSWANA

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## BOTSWANA

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**Ms. Gofaone Company Director Maupo  
Michigolire Organics  
P. O. Box 53012  
Gaborone, Botswana  
Manufacturer of natural cosmetics and green  
household products  
Cellphone: 267 71511232  
Email address:michigolireorganics@gmail.com**



**Anne Ethel Komlaga**  
**Executive Director**  
**Quantum Ideas Ghana**

**GHANA**

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**ANNE ETHEL KOMLAGA** is a high spirited Polymath, an Educator and an International award winning Humanitarian with over ten years experience in the field of Education, Leadership and Personal Development. She holds MA Educational Leadership and Management from the University of Ghana and also a fellow of the Young African Leaders Initiative (YALI) West Africa RLC.

As the Executive Director of Quantum Ideas Ghana, Anne stands out for her kindness, commitment and initiative. Together with her group of professionals, she has been able to impact a lot of lives through Advocacy, Donations, Economic Skills Training, Tree Planting and others. Quantum Ideas Ghana is a Non-Governmental Organization duly registered and validly existing under the laws of Ghana. We are hardworking youths in motion impacting our communities with great Ideas and Actions. The focus of Quantum Ideas Ghana is Economic Skills Training for the youth to bridge the unemployment gap to achieve SDG 1, 2, 8.

Anne has a high passion for promoting quality education and gender empowerment issues and As an ambassador of 1district, 1library initiative of the National Readers Association, she works hard in collaboration with relevant bodies towards the attainment of SDG4 and 5 by providing libraries and other learning resources and Programmes to keep the girlchild in school, i.e Ghana Girls Mission and Community Reading Projects

She loves to read and engage in intellectual discourses that promote peace and development and loves to volunteer her leisure time for community development projects. Anne has the proven ability to build rapport and trust quickly and has an enviable record of walking her talks.

# GHANA

Anne is also a great Contemporary Writer and an Editor, a Social Entrepreneur, an avid Advocate for the SDGs, a Young Enterprising Youth Leader with a Quantum Agenda for a changed society.

She loves to read and engage in intellectual discourses that promote peace and development and loves to volunteer her leisure time for community development projects. Anne has the proven ability to build rapport and trust quickly and has an enviable record of walking her talks. Anne is also a great Contemporary Writer and an Editor, a Social Entrepreneur, an avid Advocate for the SDGs, a Young Enterprising Youth Leader with a Quantum Agenda for a changed society.

As an Executive Member of a number of humanitarian organizations across board including Reocomm Foundation Ghana, She has a number of projects in the capacity she serves, to her credit. Her recent success was in the area of hosting an Awards Ceremony to Recognize Youths with Ingenious Ideas bringing Change and Development to communities. Anne is ever ready to render her selfless services to any individual or organization that offers genuine opportunities to the girlchild, the less privileged and for social change and progression.

FAV. QUOTE: 'Small acts, when multiplied by millions people can transform the world'-Howard Zinn

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

Fb: Quantum Ideas Ghana

LinkedIn: Anne Ethel Komlaga

Personal fb: Coms An Eth

Tel. No. +233207032025

Email: [annethel.kea@gmail.com](mailto:annethel.kea@gmail.com)



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