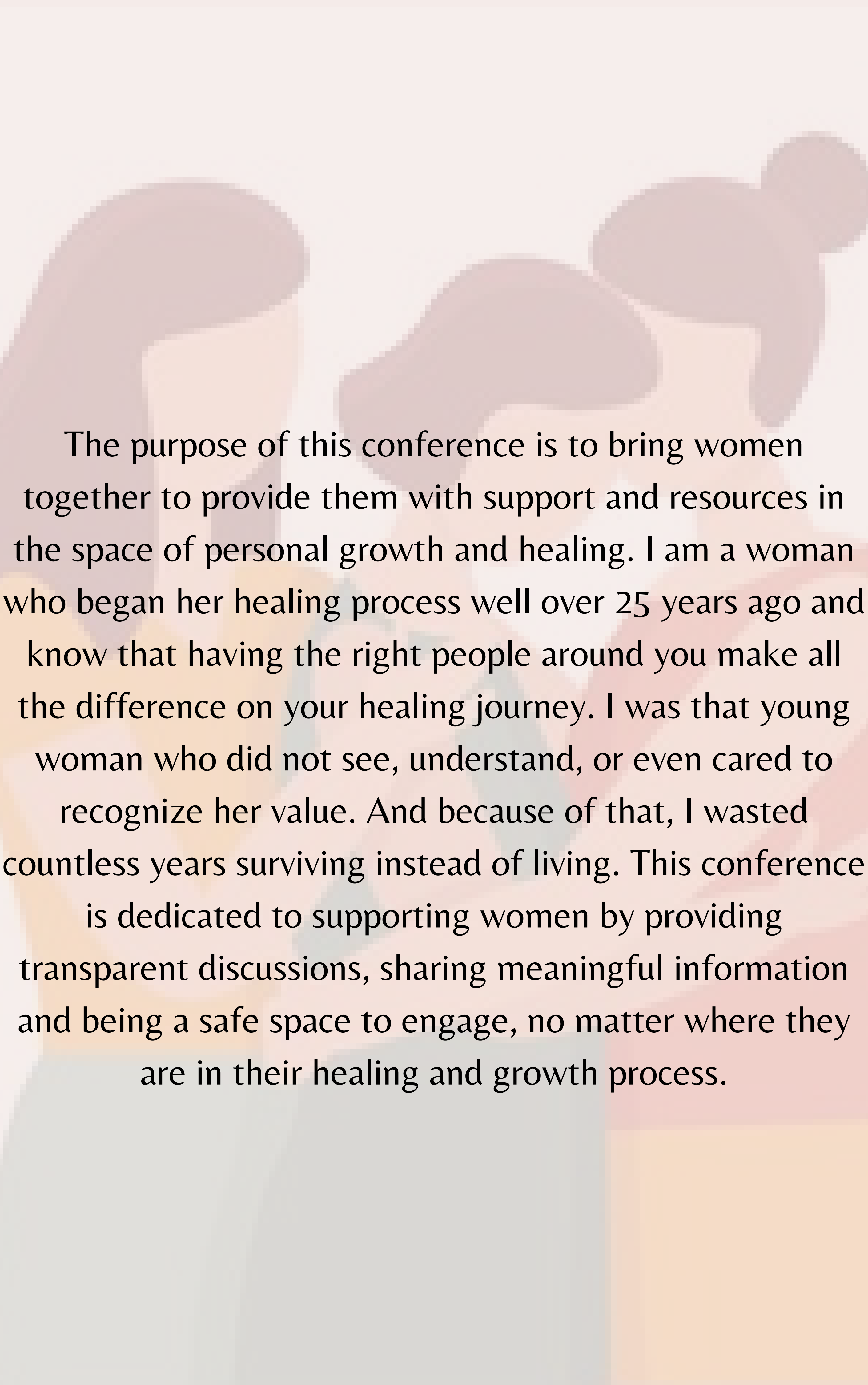


She Heels Her



She Heels the World

2023



The purpose of this conference is to bring women together to provide them with support and resources in the space of personal growth and healing. I am a woman who began her healing process well over 25 years ago and know that having the right people around you make all the difference on your healing journey. I was that young woman who did not see, understand, or even cared to recognize her value. And because of that, I wasted countless years surviving instead of living. This conference is dedicated to supporting women by providing transparent discussions, sharing meaningful information and being a safe space to engage, no matter where they are in their healing and growth process.

Your Weekend

Friday

Wine & Cheese Mixer

6:30 pm- 9:00 pm

Saturday

Registration & Breakfast

8:30 am- 9:30 am

Connecting Back to Confidence: **Colleen Coles**

9:45 am- 10:00 am

Prevention in Practice: **Lenise Mazyck**

10:15 am - 11:00 am

Reclaim Your Resilience: **Melody Gross**

11:00 am - 11:30 am

The Pivot: Notes to Myself: **Dr. Rachael Ross**

11:45 am - 12:45 am

Lunch & Shopping

12:30 pm - 1:30 pm

The Awakening: My Story: **Zbey ThaPoet**

1:45 pm - 2:30 pm

Forget the Rules & Design Your Life: **Shana Francesca**

3:00 pm - 3:45 pm

Closing & Reflections

3:45 pm - 4:30 pm

Celebration Dinner Party

6:30 pm - 10:00 pm

Sunday

Power Breakfast

8:30 am- 11:00 am

You Only Have One Rule: **Lenise Mazyck**

9:30 am - 10:30 am

Closing Reflections

10:45 am - 11:00 am

*The 3 D's of Mental Self-Defense: **Demetra Bradley**

Bonus Video

Meet your conference host, Coach Kay!



Coach Kay is a wife, mother and serial entrepreneur who has a huge passion for seeing her clients succeed in life, love, and business. She has worked in the cooperate space for several years and during this time, acquired a number of valuable business skills and knowledge. As her career advanced, she was motivated to pursue more! This “more” came in the form of a BS in business, a MS in business management (HR concentration), certifications in clinical sexology, women’s entrepreneurship and doulaship; all of which have aided her on her entrepreneurial journey.

While she appreciates and values the degrees and certifications, she recognizes that it is the lessons of life that has been most valuable while serving her clients. Coach Kay understands the necessity and connection of each of her educational choices when it comes to having a successful, productive, and healthy life and business. So, are you ready to create the lifestyle that you crave?

Contact Coach Kay to get started!



Meet Your Conference Speakers

Dr. Rachael Ross



While maintaining her medical practice in Gary, Indiana, Dr. Rachael Ross commuted back and forth to Hollywood, CA serving as a co-host on the Emmy® Award-winning talk show, *The Doctors®*. For three consecutive seasons she was the approachable Family Physician on the show that viewers worldwide related to.

As a sexologist, her engaging manner has garnered comparisons to Dr. Ruth Westheimer. A pioneer of groundbreaking discussions about relationships, sex, abstinence, HIV/AIDS prevention, and vaccine safety, Dr. Rachael has spread her message to audiences across the world on television, social media and numerous publications.

Dr. Rachael earned her M.D. from Meharry Medical College and her Ph.D. from the American Academy of Clinical Sexologists, along with a B.A. from Vanderbilt University, where she studied anthropology.

Zenobia Bey



Zenobia Bey is a Licensed Mental Health Professional with over 14 years working with individuals to identify healthy coping skills. Zenobia is a spoken word Artist who's work have been featured on various streaming platforms, RVA Community Makes exhibit at the VMFA and various performances on the East Coast www.zbeythapoet.com. Zenobia is Class of 2017 Top 40 under 40 and YWCA 2022 Arts and Culture Award Winner. Zenobia is dedicated to being the best version of herself for God's Earthly Purpose, family and community.



Demetra Bradley

Demetra Bradley, MCJ is an established Empowerment Speaker, Author and Owner of Foxy Defense and Protection, LLC. Through law enforcement and military assignments, Demetra interacted with countless women in domestic violence and sexual assault situations. She realized the lack of resources for women to learn how to physically, mentally, and emotionally protect themselves. This prompted her to open Foxy Defense and Protection, LLC, whose mission is to educate and train women to protect themselves by equipping them with the mental and physical tools necessary to increase their confidence and self-esteem. As a result, Demetra became certified as a Self Defense Instructor and teaches women only self- defense classes. She also speaks about the steps, importance, and necessity of being READY for an attack by being Prepared, not Scared! In her spare time, Demetra likes to spend time with her family, go roller skating, and test out Pinterest recipes.



Melody Gross

Courageous
SHIFT



Melody Gross is a motivational speaker, facilitator, and certified professional life coach who values freedom, connection, and the voices of those silenced. As a resilient survivor of domestic violence, Melody brings an energetic and empathic approach to her calling. She is the founder and Chief Domestic Violence Disruptor of Courageous SHIFT, a speaker and consulting agency. Courageous SHIFT partners with value-driven, people-centered, action-taking organizations committed to compassionate, diverse, inclusive, and equitable solutions to support all employees through keynotes, programs, trainings, and policies. As a Speaker, she shares stories of reclaiming your resilience, living your values out loud, parenting after abuse, and the impact of domestic violence on the workplace.

Melody lives by the Henry Miller quote, “Every [person] has [their] own destiny: the only imperative is to follow it, to accept it, no matter where it leads [them].” Beyond work, Melody can be found crystal shopping, candle collecting, museum hopping, and being criticized for her clothing choices by her teenage son



Shana Francesca

Shana Francesca is a Keynote Speaker, Consultant, Workshop Facilitator, and Scholar of Intentional and Ethical Leadership and Living. She is the Founder & CEO of Concinnate LLC. Shana has been interviewed on more than 100 podcasts worldwide and has been published in Medium, Authority Magazine, Shoutout LA, Emotional Intelligence Magazine, and Emerge Magazine. Shana has worked with clients like the Council for Brain Injury, the Boys and Girls Club, and the Mainline Chamber of Commerce. Shana believes our present and future are transformed when we infuse our lives with intention, design our lives, and realize the power of continually practicing curiosity, respect, and accountability.



Lenise Mazyck

Lenise Mazyck MSW, LCSW, CCTP, NIMHP (She/Her) is a licensed clinical social worker (LCSW). Lenise graduated from James Madison University with a Bachelor's Degree in Social Work. She then went on to obtain her Master's Degree in Social Work from the University of South Carolina, returning to Virginia to bring the work back to where it all began for her.

She has become a "student of others", growing a love for helping people work through lifelong trauma from a holistic perspective. She works with women of color one on one as a mental health therapist and has the core belief that "Rest is your right, not your reward" She is certified in trauma informed practice, grief, complex trauma, the effects of nutrition on trauma and the brain. Her specialties include areas such as: anxiety, depression, Adult ADHD, and life changes for people of color. Lenise enjoys building connections with clients based on their own needs where everyone can learn from each other.

When she is not in the therapy office, Lenise enjoys teaching social work students at Virginia Union University as an assistant professor in the Social Work Department. She also enjoys spending time with others and loves to travel and experience other cultures in an immersive way.



Colleen Coles

Colleen Coles is a Spiritual Healer for successful women who crave deeper intimacy in their lives and with themselves, while expanding their wealth, legacy and mission. Colleen has helped hundreds of clients since 2015 overcome deep levels of trauma through her energetic healing work that traditional counseling can't seem to reach.

Whether she's working with her clients on healing sexual trauma or releasing codependency she has incredible tools to help clients trust themselves and step powerfully into higher realms of success with bravery, authenticity, true freedom, pleasure and fun!

As a certified life coach through the Divine Living Academy, and a Tantra practitioner having worked with Psalm Isadora, Colleen's mission is to help spiritual women make a real difference in the world being all of who they are. She has studied with the likes of Gabrielle Bernstein and Tony Robbins, she surfs, travels, horseback rides, and lives in Richmond, Virginia with her husband, dog Kona, and 3 year old son.



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Thank You!

When I think about my healing, I think about the road that led me here. I think of the dark place my mind lived, the lonely state that my heart learned to accept and the physical, emotional, and spiritual danger I allowed myself to enter. I was unaware of the damage being caused by ignoring me! It wasn't until I had a reason to live and love that I recognized that I was surviving instead of living. I was so busy trying to simply remember to breathe, that I wasn't appreciating the breath. The day that it became a task to breathe was the day that I decided that healing me was a priority. I needed to learn how to appreciate the breaths versus adding them to my daily to-do list of destruction! That was over 25 years ago, and the journey has never ended.

It is important to understand that a wound healed on the surface isn't always fully healed, just like us. Our healing journey should never end, and so I thank you for being here and adding me to yours. My healed path has led me to people and places that 25 years ago I would have never appreciated. And I make it a point to thank myself often and celebrate/appreciate the small things. Today I challenge you to do the same.

Thank you for being here. Thank you for loving you. Thank you for investing in you. And thank you for trusting in me!

~ Coach Kay ~