



MEET YOUR AUTHORS

PERMISSION TO FLOURISH

CULTIVATING COURAGE & EMBRACING CHANGE

AIMEE KAOPUA-HERSEY

Aimee Kaopua-Hersey currently works as a dietary supervisor for a private, not-for-profit organization that provides round-the-clock care for individuals with developmental disabilities in Rockford, Illinois. She was born and raised on the island of Oahu, where she earned her Associate's of Applied Science degree in food service.

She has excelled beyond her humble origins, earning awards and accolades within the culinary industry. Her desire to be the best that she can be, along with hard work and dedication, has earned her one of the highest positions within her organization's department.

Aimee's hobbies are centered around cuisine, which she finds joy in sharing with others. Her ambition is to maintain a happy medium in this journey called life by always moving forward and never giving up—a lesson that she wishes to pass on to the readers through her chapter.



ISSABELE POESCU

Issabele Popescu immigrated to Australia in 2008 from Romania with her husband and two children. Over the next five years, she welcomed two more children while transforming her career and life. Issabele is an internationally recognized NLP Trainer, Hypnosis Instructor, Master Time Line Therapy® Practitioner, and Master Coach. She holds double degrees in Accounting and Business Management and worked as a Chief Accountant in government institutions before deciding to change countries, careers, and her life's direction.

As the founder of Be The Man Barbershop, a multi-six-figure business, and Issabele Popescu Coaching, she empowers small business owners to transform their lives and businesses through mindset mastery. Having overcome dark times herself, Issabele is passionate about helping others do the same.

She loves spending quality time with her children, swimming, and pursuing continuous personal development. Her ambition is to inspire as many business owners as possible to achieve the success they deserve.



AILEEN TULIO

Ailien (pronounced as Aileen) is a dedicated mother, wife, and entrepreneur with a passion for empowering others. With 13 years of corporate experience and a seamless transition into virtual assisting, she brings invaluable insights and strategies for coaches looking to expand their online presence.

Ailien's expertise spans across working with coaches from various niches, where she has developed a deep understanding of the unique challenges professionals face.

Her virtual assistant skills, particularly in social media management, are central to her ability to help businesses thrive online. She specializes in tasks such as content strategy development, audience engagement, platform management, and performance data analysis. Through 'Permission to Flourish,' Ailien's shares her personal journey and the mindset that has helped her succeed.



RACHEL HEWITT

Rachel Hewitt is a dancer, artist, and wellness therapist. She loves seeing people flourish into wholeness through wellness and encounters with Jesus.

Rachel also loves party planning and celebrating precious occasions with people and holds regular wellness retreats as part of her business.

She loves dancing to cheesy music, seeing friends, long country walks, cosy cafes, art galleries, and the theatre! Plus, anything sparkly! Rachel won Best Aromatherapy Blender Award in her year at college, and received her Master's degree at Glasgow University.



LESKA PROKOPETS

Growing up in the beautiful country of Ukraine, Leska appreciated the simplicity and beauty of life. At a young age, she moved to the United States where she developed her passion for art, knowledge, and the science of the body and mind.

After working in fitness, therapeutic, and professional environments she discovered her gifts of empowerment and coaching that led her to become certified in one of the world-class personal and professional development certifications called Elite Mentorship Forum and a Leading Global Mentorship Program for business development and growth.

She helps CEOs and leaders develop a resilient mindset and integrate mindfulness strategies for better leadership and business growth. She helps people reduce burnout, improve decision-making, and increase productivity for work and personal fulfillment. By bridging Eastern and Western wisdom into transformative step-by-step processes, Leska helps high-achieving CEOs and executives become resilient and adaptive while maximizing resources for strategic growth and impact.



JAY DENIS

Jay C Denis is a successful and well-respected boxing coach, health and wellness advocate, Neuro Linguistics Practitioner (NLP), and an all-round nice guy! With qualifications in boxing, personal training, a degree in Health Sciences from Deakin University, and NLP certifications, Jay embraces the "healthy mind, healthy body" philosophy by incorporating elements of physical exercise, NLP/ psychology, breathwork, and meditation to achieve amazing results.

A dedicated husband, doting father, dog dad, and weekend golfer, Jay's ultimate ambition is to help make a difference and give back—especially in the lives of those afflicted by mental health illnesses, depression, and suicide. He believes that through his business and support network called PRIDE Health and Wellness, he can positively impact the lives of others and provide help for those in need.



MELANIE NAUMANN

Melanie Naumann is an Independent Consultant for Record Companies and Music Artists, as well as a Certified Story Grid & Developmental Editor, and fiction– and non–fiction author.

She dissected hundreds of song lyrics, studying the craft of storytelling in songwriting. And discovered why some songs fade away while others stay with us for decades or even become the anthem of an entire generation.

It's her calling to help music artists write lyrics that have the power to make an emotional impact on someone's life through the power of storytelling that makes the ART of writing lyrics – lyrics that create an emotional connection with the listener and let you, as the songwriter, communicate what matters to you so that it resonates with your audience, and with that: leave your legacy.



SHAIRA BETH DILLENA



Shaira Beth Dillena is a soon-to-be mom. (Currently a mum of three kids, two of them have a tail.) She is also a loving wife, living her best life in the Philippines. Shaira has a Bachelor of Science in Engineering degree, and she's now found her groove as a Social Media Manager.

But before all that, Shaira was a frustrated author of love stories as a child—her plots may have been dramatic, but her passion for storytelling was real! While her childhood frustration may not have made it past her notebook, she's so excited to finally share her own story with the world. No, it's not a love story (or maybe it is), but it's packed with all the twists and turns that make life so beautifully unpredictable.

JENNIFER LEE

Jennifer Lee is a passionate advocate for personal growth and resilience, possessing extraordinary intuitive gifts that guide her in empowering others. With a knack for problem-solving and a humorous approach to life's challenges, she has dedicated her life to helping herself and individuals uncover their potential. Jennifer believes that every obstacle presents an opportunity for transformation, and she thrives on facilitating those breakthroughs.

Her enthusiasm for health and fitness complements her holistic perspective on well-being, motivating those around her to embrace a balanced lifestyle. Known for her unwavering determination, Jennifer sets ambitious goals and chases them with relentless energy, inspiring others to pursue their dreams with the same fervor.

An adventurous spirit, she loves exploring new experiences and dancing her heart out. A firm believer in the power of community, Jennifer is committed to creating spaces where individuals can connect, grow, and support one another in their quests for a fulfilling life.



STEPHANIE SULLIVAN



Stephanie Sullivan is a certified Life Coach, Health Coach, NLP Practitioner, member of the Global Coaching Association (GCA), and founder of Elevate Your Life Coaching PTY LTD.

After 25+ years in demanding, high-stress corporate roles as a business consultant, then a corporate executive, she knows first-hand about stress and trying to balance career and parenting demands, along with personal needs and wellbeing. This invaluable, real-life experience enables her to bring a realistic and pragmatic approach to coaching.

Stephanie helps business executives and professionals to boost self-confidence, courage, and personal wellbeing. She is passionate about performing her best at work and home, without reaching burnout or constantly sacrificing one for the other.

CHANTELLE LYNCH



Chantelle Lynch currently lives in London, England with her 11-year-old son. She helps coaches, business owners, and professionals overcome life's obstacles and challenges – to get unstuck and achieve their goals. Her clients win and live life on their terms by improving their well-being of body, mind, and soul as they take consistent Inspired Action.

Chantelle is a Certified Life Coach, NLP Practitioner and has a BSc (Hons) Psychology Degree with a focus in Counselling. Her career experience spans across a variety of fields – Corporate, Blue Chip and private companies, NHS Public Service, Network Marketing, Charities, and Volunteering.

She has been a self-employed business owner since 2016 and absolutely loves it. Working with and coaching people to reach their personal and professional goals has been extremely rewarding.

LEYLA MESIC

Leyla Mesic is an artist and educator originally from Switzerland. She has a deep love of music which led her to continuously explore and learn as much as possible about the power of sound. She has studied and become certified in Musical Theater (voice, acting, dance) and different Healing Arts modalities (sound healing, Reiki, Kundalini yoga, breath work, and meditation).

She is studying to become a Somatic Movement Therapist (processing trauma). Through her experiences in life, she realized she wanted to build a bridge between spirituality and pop music. She then explored what makes pop music healing and how to utilize sound healing tools to create conscious/restorative pop music or "Yoga Pop." Leyla has collaborated with other commercial pop songwriters, and some of her songs can be found on Netflix, Fox TV, Amazon Studios, USA Network, etc. She strongly believes humanity can heal the world when we come into the power of our true authentic selves.



JAY CORNELL

Aloha, I am Jai Cornell the founder of JDM Women of Worth. A multi-award winning consultant, mentor, speaker, multiple bestselling, author, certified master publisher and servant leader.

I am a highly experienced business coach and consultant with over 30 years in the industry. I know the meaning of struggle and hard work, and have a deep understanding of the challenges facing women in business.

My educational background, includes a Bachelor's degree in Business Management, a Master's in Business Administration, a Master's in Supply Chain Logistics and Transportation Management, and I am currently working on my Doctorate in Business Management.

I'm here to help give you a platform to share your story and message.



FOREWORD WRITTEN BY

ELISA JAMES

Hi I'm Elisa James...

Voice and Presentation Coaching can change your life and career prospects in surprising and incredible ways! If you think that professional voice coaching or on-camera Confidence coaching is too hard for you due to fear, or perhaps being an introvert, I've got great news for you!

My teaching style is fun, practical and easily implementable for anyone!

Yes, I truly mean ANYONE! Whether you are an aspiring speaker, singer or actor, I can help.

As a former professional travelling entertainer for more than 35 years, I have sung, acted, spoken and danced in just about every country around the world... yep No joke!

I have performed in front of thousands of people on stage and on camera my entire life and in every conceivable situation imaginable.

Dynamic and engaging performance using the power of VOICE is my jam and I love nothing more than helping other people find that joy and confidence to do the same.

