

She Heels Her



2024

www.Sheheelsher.com

Welcome and thank you for being a valuable part of the 2nd annual She Heels Her, She Heels the World women's conference!

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 you are in your healing and growth process.

This year's theme is Closing Doors all 2024. When I thought about this theme, I thought about the number of women I have talked with that are stretched so thin, simply because they have too many too many doors left open! It's time that you take back control of your time, environments, relationships and more. As you enjoy this weekend, I want you to think about this.....

What Doors Will I Close Today?

Your Weekend

Friday

Wine & Cheese Mixer

6:30 pm- 9:00 pm

Saturday

Registration & Breakfast

8:00 am- 9:30 am

Welcome opening exercise: Coach Kay

8:45 am- 9:30 am

Excellence is Never an Accident: Richara Warren

9:45 am - 10:30 am

Leading an Intention-Based Life: Vera Lotus Onatah

10:40 am - 11:15 am

Empowered Expressions: Reclaiming Your Narrative: Addy Manriquez

11:30 am - 12:30 am

Lunch, Movie & Shopping!

12:45 pm - 2:15 pm

Release & Grow Exercise: Paris Taylor

2:30 pm - 3:15 pm

Faith & Mental Health: Kasey Louis, MA, LPC, LMHC

3:30 pm - 4:15 pm

The Art & Power of "NO": Brittany Rush, LCSW

4:30 pm - 5:30 pm

Celebration Dinner & Party

7:00 pm - 10:30 pm

Sunday

Welcome & Breakfast

8:30 am- 9:00 am

ChangeYour Shoes: Finding Comfort in Your Leadership Roles: Tradara McLaurine

9:00 am - 9:45 am

Closing Reflections

10:00 am

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



Richara Warren

Richara Warren is a powerhouse leadership confidence coach, business entor, with a fierce dedication to empowering women to lead with unshakeable confidence in industries where diversity is a challenge. With over 20 years of corporate leadership experience, she began her career in a male-dominated field, making her mark across finance, sales, marketing, and merchandising. Now, she channels that energy into empowering women to navigate, thrive, and lead with confidence.

Recognized as the secret weapon behind some of the most dynamic women in corporate and entrepreneurship, Richara is on a mission to break barriers that hinder women from realizing their true potential. After navigating her own journey of shattering the proverbial glass ceiling, she learned early on that having a seat at the table—or even creating your own—isn't enough. It requires Confidence, Clarity, and Aligned Strategies to truly make waves.

As the driving force behind Richara Warren & Company, she specializes in leadership coaching, strategic planning, and the soft skills that help women stand out and drive impact in any room they enter. Simultaneously, she pours her passion into empowering women entrepreneurs with strategies to grow, scale, and optimize their service-based businesses. Her upcoming release of personal development products, including journals and planners, is designed to help women reach their goals.

Richara is also working toward her certification as a Maxwell Leadership Certified Speaker, Coach, and Trainer, a testament to her unwavering commitment to leadership excellence. This additional credential will allow her to deliver transformative training and speaking engagements that equip women with the confidence and skills to excel in their leadership journeys.

But Richara's not just about business. Beyond her professional journey, she’s a proud wife and mother who draws on her personal experiences to fuel her passion for helping women redefine their own rules of success.



Excellence is Never an Accident

Notes:



Vera Lotus Onatah

I am The Lotus Mother, a certified Barre Instructor, Crystal Healer, and Spiritual Candle Creatrix. Since 2016, I have been offering my services to the community, seamlessly blending spirituality into everyday life. I obtained my certification in 2020 and have been locally sharing my crystal therapy candles for four years, now expanding online. By delving into Advanced Crystal Healing and Soul Work, I continuously deepen my studies in metaphysics and self-mastery. Join me on a journey of exploring crystal healing, holistic health, mindful movement, and spiritual enlightenment, as we elevate our spirits and bodies together.



Leading an Intention-Based Life

Notes:



Addy Manriquez

Addy is a highly effective and culturally competent confidence and empowerment coach, special education and disability consultant, and speaker. In her coaching role, Addy is dedicated to promoting heightened self-awareness, facilitating personal growth and transformation, and developing enhanced confidence and communication abilities. These efforts result in strengthened familial bonds, impactful advocacy, and enriched personal and professional connections. Addy's coaching services cater to individuals, couples, and families seeking to improve their relationships through greater self-awareness and empowered communication. She specializes in working with clients navigating the unique challenges of supporting and advocating for individuals with exceptional needs, whether they are children or adults.

With over 27 years of experience in education as a speech-language pathologist and special education administrator, Addy serves as a consultant for families, educational institutions, and corporations. Her mission is to empower individuals, families, and teams by providing them with the knowledge and resources needed to navigate the complexities of special education and enhance educational and workplace practices. Addy aims to cultivate a more supportive and inclusive environment for individuals with disabilities.

As a Latina woman, Addy's dedication to supporting others and advocating for equity extends far beyond the realms of home, school, and workplace. In the community, she has led discussions surrounding “difference,” aimed at deeper listening and sharing on delicate topics such as disability, race, faith, cultural diversity, violence, and healing, creating opportunities for meaningful dialogue and understanding.



Empowered Expression: Reclaiming Your Narrative

Notes:



Kasey Louis, MA, LPC, LMHC

Kasey A. Louis, MA, LPC, LMHC, is the founder of Move In Faith Counseling Services and Move In Faith Services operating in Virginia and Washington. With over a decade of experience in the counseling field, Renowned for connecting faith and mental health in her approach, she empowers individuals to position themselves to unlock their purpose and pour out to others authentically. As a proud US Army veteran and author, Kasey's journey is marked by resilience. Beyond her professional identity, Kasey is a devoted mother, loving wife, and a woman deeply rooted in faith.

Kasey's influence extends far beyond the confines of the therapy room. With an eloquent voice and a compelling presence, she has graced the stages of prestigious events such as the Black Mental Health Expo, where her insights resonated deeply with attendees seeking culturally competent mental health support. Additionally, she has shared her wisdom on platforms like Seattle's "Racial Chaos" podcast, practical advice and inspiring narratives to listeners offering the complexities of racial disparities which impacts individuals mental health. Notably, Kasey has been invited to speak at the Renew Conference for Spiritual Leaders, where she illuminated the intersection of faith and mental health, empowering spiritual leaders to foster holistic well-being within their communities.

Kasey's reputation as a captivating speaker precedes her, as she has delivered impactful talks at numerous conferences, seminars, and workshops. Her ability to captivate audiences with her practical advice and inspirational message stems from her genuine passion for helping others integrate faith and mental health as pillars for purposeful living. In essence, Kasey Louis embodies the epitome of therapeutic expertise, faith-driven principles, and an unwavering dedication to guiding others on their transformative journeys towards wholeness and fulfillment.

Kasey will be a doctoral student pursuing Education in Community Care and Counseling with an emphasis in Marriage and Family at Liberty University, further enriching her expertise in the field. Beyond her professional endeavors, Kasey finds solace and inspiration in her roots, hailing from the beautiful island of St. Thomas, US Virgin Islands.



Notes: Faith & Mental Health



Brittany Rush, LCSW

Brittany Rush is a dynamic mental health advocate and community leader, known for her impactful work in promoting mental wellness and empowerment. With features on CBS6 and in the Richmond Free Press, she has been recognized for her leadership in organizing transformative events such as the Black Therapy Expo and the RVA Therapy Expo: Next Gen Edition.

Recently, Brittany presented at the 6th annual Millennial Social Work Conference in Atlanta, Georgia and spearheaded the First Annual Black Wellness Expo. Her upcoming engagements include sitting on a panel at the "Planted in Power, Purpose & Prosperity" Women's Event and participating in Charlotte TSA's Domestic Violence Fair. As the CEO & founder of Rush Community Group LLC, Brittany continues to inspire and uplift communities through her dedication to mental health advocacy and community enrichment.



The Art and Power of "NO"

Notes:



Tradara McLaurine

Tradara McLaurine is a three-time alumna of Indiana State University with two bachelor’s degrees one in accounting, one in legal studies and her master’s degree in student Affairs and Higher Education and her certification in Women’s Entrepreneurship from eCornell. She has over 15 years’ experience working in higher education in the areas of career advising, academic advising, student conduct, conferences and events, programming, teaching, and residential life. Tradara currently holds certifications as a Certified Diversity Professional from the Institute of Diversity Certification, Certified Trainer for Understanding and Engaging Under-Resourced College Students from Bridges Out of Poverty and a certified Predictive Index Practitioner. She is an active member of Delta Sigma Theta Sorority, Incorporated, board member for Junior Achievement and United Campus Ministries.

Tradara has articles published in the American Association for Employment in Education Job Search Handbook and Diversity: Recruitment Partners in Education. In July 2017, she published two children’s books titled “Why Mommy Works” and “Why Daddy Works”. In November 2017, the Terre Haute Chamber of Commerce recognized Tradara as 12 under 40. Tradara owns a Challenge Island franchise, the world’s #1 STEAM education program. She has spoken and served as a keynote speaker for various leadership and regional conferences. Her third children’s book “I Want a Nickname” was released in July 2022. She loves spending time with her family, crocheting, watching tv, reading and learning.



Change Your Shoes: Finding Comfort in Your Leadership Roles

Notes:



Paris Taylor

****Paris Taylor: A Journey of Resilience and Creativity****

Paris Taylor was born on July 14, 1992, in Brooklyn, New York, to Jamaican immigrant parents. At the age of two, she moved to Jamaica, where she was raised by her aunt, uncle, and two cousins until she returned to Brooklyn at six years old to live with her mother. Growing up in a musically inclined and creative family, Paris found her own artistic path early on, starting with writing poems at the age of eight, which evolved into raps by the age of twelve. Alongside her writing, she pursued dance, embodying her family's artistic spirit.

Paris's innate desire to uplift those around her was influenced by her family's example, particularly her grandmother's generosity. This drive to give back became a core part of her identity, motivating her to push herself harder to help others and support her family.

In August 2015, Paris faced a life-altering experience when she was a victim of a domestic violence incident. The traumatic event left her clinically dead for two hours before she was revived, requiring stitches on her face. This harrowing experience became a turning point; she felt a message from her ancestors urging her to build herself up and fulfill her purpose. Encouraged by her late father's words, Paris committed to pursuing her passions in music and clothing design.

Paris founded "Tekwehyuself," a business inspired by a Caribbean phrase meaning "remove yourself." This venture embodies her commitment to transforming negative energy into positive outcomes and giving back to her community.

Her vision for Tekwehyuself is to support low-income families, create job opportunities, and promote self-love and awareness. Through her journey of resilience and creativity, Paris aims to inspire and uplift others, staying true to her mission of making a positive impact.



Release and Grow Exercise

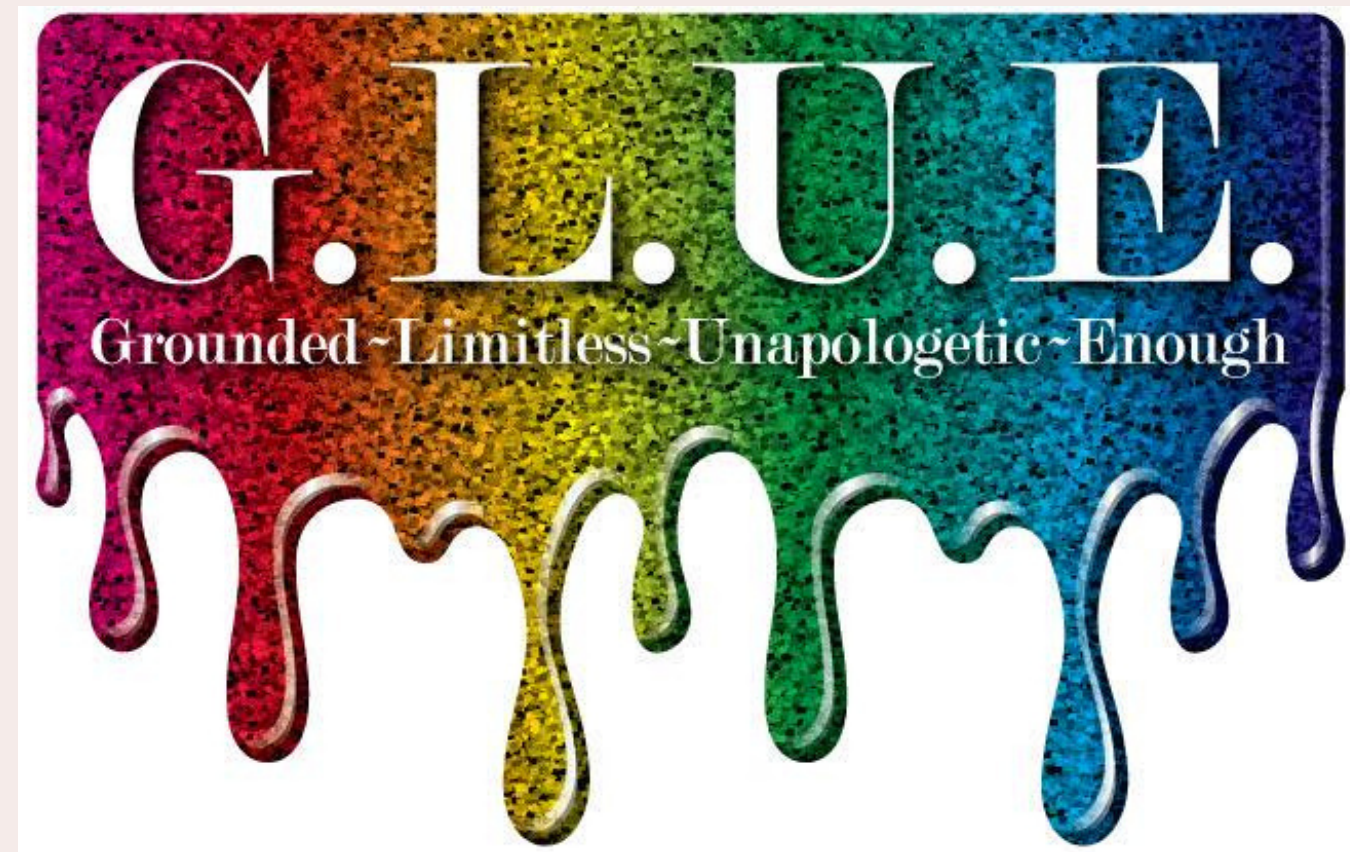
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Thank You!

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 ~