

She Heels Her



She Heels the World

2025

www.Sheheelsher.com

Welcome and thank you for being a valuable part of the 3rd 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 can 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 Behind the Mask. This year's theme hit me during last year's conference. It is also what I'm witnessing all around me! Women are hiding their true selves to allow others comfort, success and a life they want to live. No more! It's time to show the WOMAN behind the mask

As you enjoy this weekend, I want you to think about this.....

Have I Been Hiding Behind a Mask? Why?

Your Weekend

Friday

Kick-off Mixer

6:30 pm- 9:00 pm

Mindful Coloring: A Calming Creative Experience: **Corine McGlown**

7:00 pm- 7:40 pm

Self-Care Bingo: **Coach Kay**

7:45 pm- 8:45 pm

Saturday

Doors Open & Registration

8:00 am- 8:30 am

Breakfast & Opening Exercise: **Coach Kay**

8:30 am- 9:00 am

Who Are You: **Crystal Samonica**

9:10 am - 9:55 am

“The Softest Power: Healing in Heels, Leading in Truth”: **Vera Lotus Onatah**

10:00 am - 10:55 am

"Uncopy Yourself: The Power of Showing Up Authentically": **Brittany Griffin**

11:00 am - 11:55 am

Lunch, Mingle & Reset!

12:00 pm - 12:55 pm

Releasing My Secret: **Santeresa Wilson**

1:00 pm - 1:55 pm

Emotional Intelligence: Navigating Emotions in Leadership: **Tanisha Tate, M.S.**

2:00 pm - 2:55 pm

The Power Behind the Mask: Revealing the Woman, Reclaiming the Room: **Richara Warren**

3:00 pm - 3:55 pm

A Walk Back: Reconnecting and Sewing Seeds activity **Coach Kay**

4:00pm

Celebration Dinner & Masquerade Party

7:00 pm - 10:30 pm

Sunday

Welcome & Breakfast

8:30 am- 9:00 am

Finding Beauty in Shattered Glass: **Dr. Stacy Shepard**

9:30 am - 10:25 am

Closing Exercise

10:30 am

Meet your conference host, Coach Kay!



Kanya "Coach Kay" Ford 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!

A faint, light gray silhouette of two women standing back-to-back, holding a globe between them. The woman on the left has short hair, and the woman on the right has long, curly hair. The globe shows the continents of North and South America.

Meet Your Conference Speakers



Corine McGlown

Corine is the Founder and Chief Wellness Advocate of CALMFIRMATIONS, a positivity platform for emotional wellness. She is dedicated to helping women find, speak, and maintain calm in their everyday lives through affirmation coloring journals, mindful coloring workshops and other self-help tools.

A Michigan State University graduate with a career in accounting and finance, Corine is a wife and mom of two. Inspired by her lifelong personal journey with anxiety, she creates mindfulness tools to support emotional well-being and is passionate about helping others find peace, reconnect with themselves, and feel supported — one calm moment at a time.

She voices positive affirmation videos and creates calming resources to help bring peace and balance to life’s daily chaos. She has designed and self-published seven CALMFIRMATIONS tracing and coloring journals to date, specific to the emotional needs of motherhood, college students, and anyone in need of a confidence boost. As a speaker, Corine brings warmth, relatability, and real-life tools that resonate. Her mindful coloring workshops blend creativity with calm, giving her audience a hands-on way to reduce stress, process emotions, and leave feeling lighter, grounded, and empowered.

Through her social media posts, online videos, speaking engagements, and coloring workshops, she pours her energy into encouraging everyone to calmly affirm themselves with LOVE!



Mindful Coloring: A Calming Creative Experience

Notes:



Crystal Samonica

Crystal Samonica is a Self-Discovery Coach, speaker, and spiritual guide committed to helping women heal, align, and rise in their God-given identity.

With a voice that blends truth, testimony, and sisterhood, Crystal empowers women to navigate emotional healing, deepen their faith, and live with intention.

A proud mother, passionate storyteller, and first-generation college graduate, Crystal draws from her own journey of resilience—interweaving motherhood, womanhood, and God's grace. Whether she's teaching breathwork through yoga, leading a room in soulful reflection, or unpacking the power of boundaries and belief, Crystal creates spaces where women feel seen, safe, and spiritually recharged.

Through her online courses, workshops, and upcoming memoir, Crystal continues to lead women home to themselves—healed, whole, and walking boldly in who God called them to be.



Who Are You?

Notes:



Vera Lotus Onatah

Vera Lotus Onatah (also known as Lotus DeVille)
Spiritual Storyteller | Sound Oracle | Ancestral Alchemist

Vera Lotus Onatah is not just a speaker—she is an experience. A lyrical force, sacred voice, and Siouan-rooted soundweaver, she moves through this world as both witness and channel. Her presence blends soul truth, poetic rhythm, and embodied feminine power into every word she speaks.

Following her unforgettable 2024 debut as The Lotus Mother in the chapter “Closing Doors All of 2024,” she returns to the She Heels Her stage in 2025 in her next form—fully bloomed, unapologetically ascended, and devoted to telling the truth of the feminine in all her voices.

As the founder of Sacral Haus, Lotus bridges ancestral wisdom with modern storytelling through affirmation-based scrolls, voiceover ritual, and sacred performance. She is currently birthing The Recipe, a multidimensional body of work that includes her upcoming book, spoken word album, and visual diary series.

Her work isn’t about performance.
It’s about embodiment.
It’s not motivational. It’s medicinal.
And when she speaks—women remember themselves.



“The Softest Power: Healing in Heels, Leading in Truth”

Notes:



Brittany Griffin

Brittany (Rush) Griffin is a dedicated mental health advocate, community leader, and founder of Rush Community Group, where she champions access to mental health services, diversity and inclusion, and authentic conversations around wellness. Passionate about breaking down barriers to care, Brittany has created spaces that normalize mental health discussions while ensuring representation and accessibility remain at the forefront.

Her work includes organizing powerful community events like the Black Therapy Expo and the RVA Therapy Expo: Next Gen Edition, both designed to connect individuals with resources, providers, and the support they deserve. She has also facilitated workshops such as “Mental Health Monday” at Rebirth Church and the Annual Girls with Goals event, empowering communities to embrace wellness in ways that feel real and relatable. Brittany represents a new wave of leaders in the mental health field—balancing the fresh, authentic energy of a millennial perspective with deep respect for the integrity and traditions of the profession. While her advocacy has been highlighted by outlets like CBS6 and the Richmond Free Press, her true recognition comes from the lives impacted through her commitment to community-driven change.

This fall, Brittany will share her expertise as a presenter at the Black Girls in Social Work Conference in Charlotte, NC, continuing her mission to reimagine mental health advocacy with passion, purpose, and inclusivity.



"Uncopy Yourself: The Power of Showing Up Authentically"

Notes:



Santéresa Wilson

Santéresa Wilson, a NJ native, and CEO of Inspired By U LLC, and President of, Inspiring You Corp empowers people to become better versions of themselves wholly. With speaking engagements across the US and abroad (Canada and UK), she spreads a message of hope and survival through faith, the ARTs, and more.

Santeresa was spiritually raised at Asbury Park Deliverance Evangelistic Center, under the leadership of the late Apostle Herbert Sneed. She was baptized and received the Christ as her Lord and Savior at the age of 9. There was active and faithfully served on such ministries as the choir, praise team, usher, and outreach. She also served as a Sunday School Teacher, Bible Study Chaplain, and Altar/New Convert Worker. In 2007, Santeresa felt the Lord calling her to go deeper in him which led her to Pentecostal Church of Christ, now Harvest International Pentecostal Church of Christ. She refers to this period of time in her life as her Abrahamic experience, where she would leave her family and go to an unknown place to prepare her for God’s promises for her life. This is the place where she would give God another Yes and be rebaptized. During this transition, she faithfully served under the leadership of the late Bishop Reginald Burl and then Apostle Alvin Bynum. She served faithfully as a worship leader and civic outreach leader, while she obtained her certification as a Trauma Recovery Coach as well as her BA in Divinity. In April 2023, it was time for the promises of the Lord to come full circle in Santeresa’s life. With the blessing of Apostle Bynum, Santeresa went under the watch care of her spiritual parents Overseer Jusstinn and Pastor Cora Coleman in October 2023. She officially joined New Life Deliverance Worship Church, now Deliverance Prayer Revival Tabernacle in January 2024.

Currently, Santeresa serves as an intercessor on the Intercessory Team. an Armourbearer to the Assistant Pastor, and as the Director of Community and Outreach Department. She is also a Licensed Chaplain and currently a Minister in Training.

In the marketplace, Santeresa and her two organizations focus on providing adults with therapeutic services, which includes Cognitive Behavioral Therapy for adults, utilizing the ARTS. Domestic and Sexual assault support, Community Based Violence Intervention Programming, and more. She believes that helping adults to heal will bring a holistic effect producing healthy families. Her journey had led for her to provide services to the various cities such as Roselle, East Orange, and Newark. She also provides monthly therapeutic sessions to the staff of University Hospital and other corporate / educational organizations.

As an Author, this former teen mother’s survival of divorce, domestic violence/sexual assault, homelessness, and more, led her to write her debut manual of emotional freedom, “Releasing My Secret: A 30-Day

Devotional to Support Your Healing Process."

Santéresa’s goal in life is to remind people that “healing doesn’t mean that the trauma never existed, it means that it no longer controls their life”!



Releasing My Secret

Notes:



Tanisha Tate, M.S

Tanisha Tate is the founder of The Phenomenon Collective, a dynamic umbrella brand designed to educate, empower, and elevate Black women through emotional intelligence, confidence training, and leadership development.

With a background in psychology and criminal justice, I've created multiple platforms including BWP Consulting & Co, The Black Woman Phenomenon, and Planted in Purpose, Power & Prosperity, that center emotional awareness and authenticity in both personal and professional growth.

Her mission is simple but powerful: to help Black women own their stories, lead with confidence, and cultivate community while making impact. Whether I'm on stage speaking, leading a workshop, or creating safe spaces for transformation , she moves with grace, purpose, and power.



Emotional Intelligence: Navigating Emotions in Leadership

Notes:



Richara Warren

Richara Warren is on a mission to help women navigate with clarity, thrive in every room, and lead with confidence—especially in spaces that weren’t built with them in mind. A returning speaker to She Heels Her, She Heels the World, she first took the stage in 2024 during the “Closing Doors All 2024” theme, delivering her signature no-fluff approach to helping women shut the door on doubt, own their narrative, and align their vision with intentional action.

After 20+ years of navigating her own journey of shattering the proverbial glass ceiling, she knows firsthand 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 a powerhouse businesswoman, her brand catalog includes Richara Warren & Company, The RW Impact Group, and PowerhousePreneur™ 360—each created to equip leaders, entrepreneurs, and teams to find their voice, strengthen their presence, and build the strategies that create lasting impact. Her work spans personal leadership coaching, negotiation training, organizational development, and business strategy, all anchored in one goal: to help others rise into their next level with confidence and purpose.

Beyond her professional work, she’s a proud wife and mother who believes leadership starts with living boldly on your own terms.



The Power Behind the Mask: Revealing the Woman, Reclaiming the Room

Notes:



Dr. Stacy Shepard

Dr. Shepard is a dedicated educator, leader, and empowerment advocate hailing from Goldsboro, NC. She is a proud graduate of North Carolina Central University, where she earned her BA in English. Dr. Shepard began her teaching career in 2007 as a Language Arts teacher in Wayne County schools, and later served as a district coach, supporting beginning teachers throughout their first three years. In 2014, she earned her PhD in Educational Leadership and Administration from Capella University. Dr. Shepard’s career in education spans various roles, including academic facilitator, testing coordinator, and dean of students with Charlotte-Mecklenburg Schools. In 2019, she joined KIPP North Carolina as an assistant principal and currently serves as the principal. Her leadership philosophy emphasizes building strong partnerships with families to ensure that scholars are college and career ready, equipped to lead choice-filled lives. Beyond her work in education,

Dr. Shepard is the CEO of AriseNOW, an Empowerment and Transformation Hub designed to inspire and uplift women. Through AriseNOW, she motivates women to embrace their potential, celebrate resilience, and foster positive change. Dr. Shepard is also a published author of Finding Beauty in Shattered Glass, a certified life coach, a public speaker, the podcast host of, A Note from the Principal’s Desk streaming on Apple Podcasts, Spotify, IHeart Radio and Amazon Music, and breast cancer survivor. Her passion for empowering young adults and women shines through both her educational work and her outreach through AriseNOW, where she helps others reach their fullest potential by sharing their stories and embracing the power within themselves. Dr. Shepard is committed to creating impactful partnerships with the community and helping everyone she serves to lead lives filled with purpose and fulfillment



Finding Beauty in Shattered Glass

Notes:

Thank you to our sponsors



Five Deep Trucking, LLC
5deeptrucking@gmail.com
804-773-6843

5 Fifty Five Society
5fiftyfivesociety@gmail.com
[FACEBOOK.COM/555SOCIETY](https://www.facebook.com/555SOCIETY)
[Facebook.com/groups/5fiftyfivesociety](https://www.facebook.com/groups/5fiftyfivesociety)

555
SOCIETY



Love & Intimacy 101, LLC
Info@loveandintimacy101.com
www.loveandintimacy101.com
804-967-4551

Coaching you through Life, Love
and Intimacy!

Thank you to our exhibitors



calmfirmations.com

hello@calmfirmations.com

<https://drrossfamilycounseling.net/>

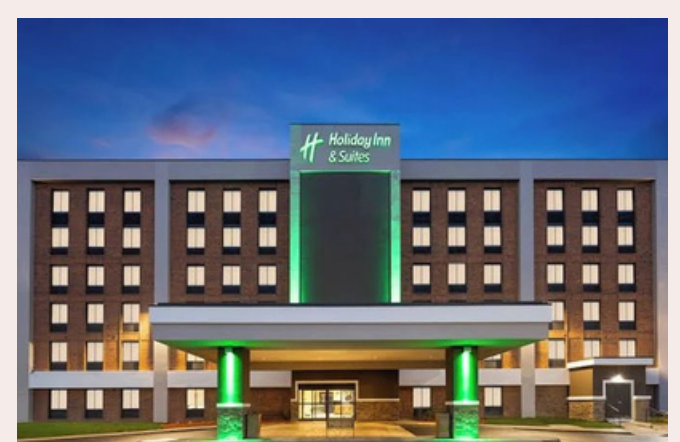
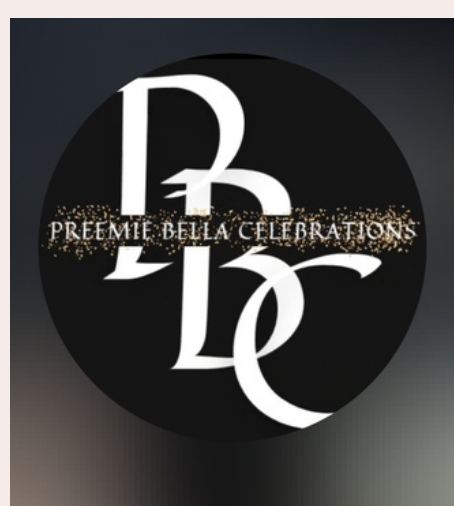
drrossfamilycounseling@gmail.com

(407) 214-2474



*Dr. Ross Family
Counseling*

Special thanks to the following ladies for their services that has helped to bring this vision to life!



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 ~

Save the date: October 23-25, 2026