

POWER AND AUTHORITY

ONE DOMINION

MAGAZINE

*"Bringing revolutionary
holistic and homeopathic
healthcare solutions"*

*-Dr. Eeka
Marshall*

3D Women's Health

Healing and Wellness Center



SGGB

Mission Trip

Sabana Grande de Boyá, Monte Plata, in the Dominican Republic

Our mission is to empower the youth and families of Sabana Grande de Boyá through education, leadership development, and essential support.



By providing backpacks filled with school supplies, delivering food to families in need, and hosting a youth conference, we aim to inspire and equip the next generation of leaders.



School Supplies

We will distribute backpacks filled with school supplies to local children, ensuring they have the tools they need for success.



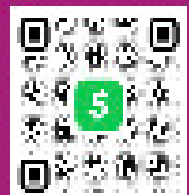
Feeding 100 Families

We will deliver food to 100 families, offering nourishment and relief. The food care packages will consist of rice, beans, coffee, oil and sugar.



Youth Conference

We will host an inspiring Youth Conference, encouraging young people to pursue education and leadership within their communities.



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www.AgainstAllOddsInternational.org



Our Email
AgainstAllOddsIntl@gmail.com





Dear Friends and Family,

I am excited to share a life-changing opportunity that God has placed on our hearts. Against All Odds is preparing for a mission trip to Sabana Grande de Boyá, Monte Plata, in the Dominican Republic from July 3-5th. Our team has been called to serve and bring the love of Christ to the people of this community, and we need your help to make it happen!

During our time in the Dominican Republic, we will partner with local churches and ministries to support their outreach efforts. Our mission will involve engaging in community service projects, providing essential supplies, ministering to families in need, and sharing the Gospel through acts of kindness and faith. This trip is an opportunity for us to be the hands and feet of Jesus, reaching out to those who need hope, encouragement, and love.

We are praying and believing for the financial support necessary to make this mission trip possible. Our goal is to raise \$10,000, which will cover travel expenses, lodging, meals, and supplies needed to serve the community effectively. We cannot do this alone; we are relying on God's provision through generous hearts like yours.

We humbly ask you to partner with us in two significant ways:

1. **Prayer Support** – Please pray for our team's safety, unity, and effectiveness in ministry. Pray for the people we will meet, that their hearts will be open to the message of love and hope we bring.
2. **Financial Support** – If you feel led to contribute, any amount will be a tremendous blessing. Your generous donation will go directly toward funding this mission and making an eternal impact in the lives of those we serve.

All donations are tax-deductible. Please make checks payable to Against All Odds and write "Against All Odds Mission Trip" in the memo. You can send your contribution using the enclosed envelope or donate online via CashApp: \$Darlestella or \$againstalloddsintl.

We are deeply grateful for your prayers, support, and generosity. We look forward to sharing the incredible testimonies and experiences from our journey with you upon our return. Thank you for helping us spread the love of Christ and make a difference in the Dominican Republic!

With love and gratitude,
Dayra Domínguez
Against All Odds Mission Team

**For more information or to
become a sponsor:**

AgainstAllOddsInternational.org

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One Dominion Magazine is a diverse media publication with both domestic and international subscribers. It is our goal to provide relevant media through our lifestyle magazine. The mission of **One Dominion Magazine** is to offer a diverse lifestyle magazine that empowers readers to live life boldly and by building communities.

One Dominion Magazine was founded by Henry Miller, a thought leader and innovator who saw the need for a diverse lifestyle magazine that spoke to people at their point of need. Henry envisioned a magazine that spoke to people through real life stories. He wants a magazine rooted deeply in his faith. Henry is a Christian and believes that the magazine can be governed by the “oneness” of his faith which includes faith, hope and love.

With a vision to give voice to people who desire to share their stories of overcoming and triumph, Henry founded **One Dominion Magazine**. He desired to give a diverse perspective to his readers in the areas of health, marriage/relationships, personal growth, beauty and finance. The stories contained in the magazine are sharp, innovative and filled with individual truths.

At **One Dominion Magazine**, we believe that our current level of quality and excellence speaks to the diversity and uniqueness of our magazine. We are in growth and expansion mode, not only with our readership but also in our reach.

Come and grow with us!

Sincerely,
Henry and Sarah Miller
Chief Executive Officer & Founder

WHAT IS COMING

is bet

E

ter than

WHAT IS GONE



LIVING A PURPOSE DRIVEN LIFE

A TESTIMONY OF FAITH AND DETERMINATION

By Dr. Eeka Marshall



A Dream Rooted in Purpose

Picture a young girl with pigtails and ponytails, growing up in the small town of Gary, Indiana. As I played on the preschool playground, preparing for kindergarten, my “I Had a Dream” speech was quite different from that of the late Dr. Martin Luther King Jr.

At just five years old, I dreamt of becoming an obstetrician-gynecologist—not out of mere curiosity, but because I felt God’s purpose for my life guiding me even then. This dream was not just a fleeting childhood fantasy; it was a divine calling that fueled my determination, pushing me to persevere no matter the obstacles ahead.



Faith in the Midst of Challenges

Fast forward to the present, where I live by one of the most important principles I have come to know: a life led by purpose is a life fulfilled. Each of us is intentionally crafted by God, equipped with a distinct purpose. When we discover that purpose and commit to fulfilling it, we experience a life of meaning—not solely through our own efforts, but through the works of God's hands.

But every journey has its challenges. Mine was shaped by an upbringing in a household of seven children, where resources were scarce and hand-me-downs were the norm. Winters meant curling up on pallets near an open oven, seeking warmth in the kitchen. Yet, growing up in poverty did not shape a poverty mindset in me. Instead, it strengthened my faith—faith that God could make the impossible possible.

I saw His hand upon my life from an early age, guiding me through moments where help appeared just when I needed it most. One moment stands out: a woman from my church stepped in and gifted me a new wardrobe as I entered high school. That seemingly small act was profound—it boosted my self-esteem and reaffirmed my belief that God would provide. That experience planted a seed in my heart, nurturing a passion to serve the less fortunate around the world. It was the beginning of a dream: medical missions to bring healing to those in need.

Walking in Faith: Trusting God's Voice

As my faith matured, I learned the invaluable gift of discerning the voice of God. That inner voice—the one that gently nudges you toward the right path when you're lost or uncertain—is His guiding presence. By the time I reached college, I had unwavering confidence in His direction.

When the time came to apply for medical school, reality hit: "I cannot afford medical school. My family doesn't have the money," I prayed. And in that moment, His response was clear: "I will always take care of you."

That reassurance carried me through years of financial uncertainty. Every time I struggled, God sent me a reminder—in the form of a single dollar bill. Over the years, I found four such bills, each marking a pivotal moment of hardship. I wrote the dates and His promise on each one: "I told you that I will always take care of you."

And He did. Nearly half a million dollars in student loans—gone, forgiven by His grace. That burden lifted, freeing me to step fully into the purpose God had set before me. Financial freedom wasn't just an answered prayer—it was a launchpad into the next phase of my journey. With renewed faith and clarity, I founded 3D Women's Health, a medical practice dedicated to healing patients mentally, physically, and spiritually according to God's plan.

A Journey Still Unfolding

Even now, as a wife and mother of 4 children, I believe I have only glimpsed the extraordinary purpose God has for my life. The journey is far from over—there are hearts I am still destined to change, lives I am meant to touch, and healing that I must bring, all for His glory.

So I ask you: Are you living with purpose? Or are you simply going through the motions, without direction or aim?



At 3D Women's Health, we are passionate about providing our patients with the best possible care. Our team of skilled medical professionals is committed to ensuring that you receive personalized treatment in a welcoming and supportive environment.

We are dedicated to your health and well-being, and we look forward to serving you. Please take a moment to explore our website and learn more about the services we offer. Thank you for choosing 3D Women's Health Medical Center.

www.3dwomenshealth.com

-Dr. Eeka Marshall-



YES, AND AMEN

HOW IMPROV TAUGHT ME TO HEAL, HOPE, AND LIVE UNSCRIPTED

By Kelli Nielsen

You don't expect healing to come with a punchline. Especially not when you're face-down in grief, gasping for air between sobs and survival. But God? He's the Master of the unexpected.

A couple years ago, I walked into an improv class just looking for a laugh—maybe even to remember what laughter felt like again. I was deep in my own valley, walking through layers of trauma and loss that felt like they'd taken a sledgehammer to my soul. But God used the most unexpected thing—improv comedy—to begin rewiring my mind and heart.

Turns out, healing doesn't always come in quiet church pews or long therapy sessions (though I honor both). Sometimes it shows up in a circle of strangers saying "Yes, and..." to your messy, raw, glorious humanness.



Lesson 1: Say “Yes, And... to Life—Even When It Hurts.

In improv, the first rule is “Yes, and...” It means you accept what’s been said or done, and then you build on it. You don’t reject the scene. You don’t shut down the moment. You step in and contribute.

Sounds like faith, doesn’t it?

Life threw me curveballs I never signed up for. Loss, trauma, betrayal, heartbreak—the kind of stuff that makes you question everything. But improv taught me not to deny the pain, but to respond with “Yes, and...”

Yes, this happened. And God is still good. Yes, this broke me. And I am being rebuilt stronger.

Yes, the story took a turn. And God is not finished yet.

Scripture reminds us in Romans 8:28:

“And we know that in all things God works for the good of those who love Him, who have been called according to His purpose.”

That “yes, and” is a spiritual practice. It’s the holy art of accepting what is and adding to it what God can do next.

Lesson 2: You Can’t Control the Scene—But You Can Show Up.

In improv, there’s no script. You don’t know what’s coming next. You just respond. It’s terrifying and freeing at the same time. Sound like life yet?

I used to live needing control—plans, backup plans, predictable outcomes. Trauma made me cling tighter. But Jesus calls us to surrender.

Proverbs 3:5-6 nails it:

“Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to Him, and He will make your paths straight.”

Improv taught me to lean in, not lean on my own logic. To respond to life with presence, not panic. To trust that the scene would evolve, even when I couldn’t see the ending.

Lesson 3: Laughter Isn’t a Luxury—It’s a Weapon

Neuroscience now confirms what Scripture’s been telling us for centuries: laughter heals. It releases serotonin and dopamine, rewires neural pathways, and breaks cycles of fear.

Proverbs 17:22 says:

“A cheerful heart is good medicine, but a crushed spirit dries up the bones.”

In the darkest days, improv reminded me to laugh. Not because everything was okay, but because God was still on the throne. It reminded me that joy can coexist with pain. That healing doesn’t wait for perfect conditions. It sneaks in during moments of laughter, connection, and even goofiness.

Lesson 4: The Power of Presence

Improv demands you be fully present. No dwelling on the past. No jumping to the future. Just now.

Jesus modeled this. He didn’t rush to outcomes—He dwelled with people in the moment. With Mary at the tomb. With Peter on the beach. With the bleeding woman in the crowd. In the hardest seasons, I learned the sacredness of now. Healing

doesn't always come with giant miracles. Sometimes it's in the breath you just took. The connection you just made. The smile you didn't expect.

Improv is a Glimpse of the Kingdom

What I discovered is this: improv is a picture of grace. Of new mercies every morning. Of co-creating with God in the messiness of life. Of taking what is, and daring to believe something beautiful can still be made from it.

And now? I'm not just using improv for my healing—I'm using it to set others free. Veterans, prisoners, people in recovery, and anyone navigating mental health challenges. We're teaching them the same lessons I learned in that first class: You are not your past. You are not your pain. You are not stuck in a script you didn't write.

With the Holy Spirit as our Director, every moment is an invitation to step into a new scene.

One full of faith.

One full of laughter.

One full of possibility.

Yes, and Amen.

Step Into the Scene God Has for You

Friend, you don't need to wait for life to make sense before you start living again. You don't need all the answers, just a willingness to say "Yes, and..." to the season you're in. Healing doesn't always come in a flash—it often shows up in the small, brave decision to show up, try again, and trust that God is doing a new thing.

If you're still trying to make sense of a loss or walking through the fog of grief, I want you to know—you're not alone. There is hope. There is healing. And there's a way forward that doesn't deny the pain but transforms it.

I'd be honored to walk with you. Reach out to me anytime at Kelli@graceforlivingafterloss.com. You don't have to grieve alone—and you don't have to stay stuck in the scene you're in. Let's write a new one together.

You're still here. And that means the story isn't over.

About the author: Kelli Nielsen is a grief recovery expert, speaker, and author of *You're Not Crazy, You're Grieving*. She is the founder of The Unscripted Living Project, a nonprofit that uses improv to support mental health for individuals facing grief, anxiety, depression, and trauma—including veterans, those in recovery, and incarcerated communities. Kelli is also the creator of the *Grief Relief Process*, a neuroscience-backed method that helps people heal with intention, faith, and joy. She's on a mission to set millions free from unresolved loss and make healing a vibrant, hope-filled journey. Kelli lives boldly, laughs often, and believes that healing is holy—and possible for everyone.

GROWTH MINDSET

MISTAKES
HELP ME LEARN

FEEDBACK IS
VALUABLE

IS THIS MY
BEST WORK?

I IMPROVE
WITH PRACTICE

I WON'T GIVE UP



**GROWTH
MINDSET**

VS FIXED MINDSET



FIXED MINDSET

I WANT TO AVOID
MAKING MISTAKES

I'LL NEVER BE
THAT SMART

THIS IS GOOD
ENOUGH

I KNOW BEST

I GIVE UP

FIVE SMALL BUSINESS FINANCE STRATEGIES THAT CAN HELP DRIVE SUCCESS

By Barbara Melvin



1. MAINTAIN A CASH FLOW FORECAST

Why it's important: Cash flow is the lifeblood of any business. By projecting cash flow on a regular basis, you can anticipate potential shortfalls and ensure you have enough liquidity to cover expenses.

How to do it: Create weekly or monthly cash flow projections that track incoming payments, outgoing expenses, and your expected balance. This will help you plan for lean periods and identify when you might need additional capital.

2. SEPARATE PERSONAL AND BUSINESS FINANCES

Why it's important: Mixing personal and business finances can make it difficult to track profits, manage taxes, and get clear insights into your business's performance.

How to do it: Open a separate business checking account and credit card. Keep track of both business and personal expenses separately to ensure accurate accounting and tax filing.

3. MONITOR AND MINIMIZE DEBT

Why it's important: While taking on some debt can help you grow, excessive debt can strain your finances. Managing debt levels allows you to invest in business growth without risking long-term financial stability.

How to do it: Review your debt regularly, prioritize paying off high-interest debts first, and avoid taking on unnecessary loans. If you need financing, shop around for the best rates and terms.

4. SET ASIDE EMERGENCY FUNDS

Why it's important: Having an emergency fund can help you weather unexpected downturns, economic shifts, or sudden expenses without derailing your operations.

How to do it: Aim to save enough to cover three to six months of business expenses. Set aside a portion of your profits into a separate emergency savings account.

5. USE ACCOUNTING SOFTWARE OR HIRE A PROFESSIONAL

Why it's important: Accurate financial records are essential for making informed decisions, managing taxes, and preparing for growth.

How to do it: Invest in user-friendly accounting software, like QuickBooks or Xero, to track income, expenses, and taxes. Alternatively, hire an accountant to manage the finances and ensure you comply with tax regulations.

By applying these strategies, you can build a solid foundation for your small business and position it for long-term financial success.



A VICTORIOUS LOSS **THE PARADOX OF OVERCOMING THROUGH DEFEAT**

By Aleya Prier

*For I know the plans I have for you declares the lord. Plans to prosper you
and not to harm you, plans to give you hope and a future.*

Jeremiah 29:11

In sports, business, and personal development, we tend to celebrate successes with hype and hoop-la. Winning is the goal of hard work, sacrifice, and talent. But there's a deeper and lesser-known concept that challenges our conventional definition of success: a winning failure. A winning failure occurs when the outcome of a situation, seeming like a defeat, leads to growth, wisdom, and ultimate triumph.

Hi Winner!

The Power of Resilience Romans 5:3-5: Not only so, but we also rejoice in our sufferings, because we know that suffering produces perseverance, and perseverance produces character, and character produces hope. A victorious loss relies on resilience—the ability to emerge from a defeat stronger. It's not just enduring the present hardship but using the experience to create a higher level of determination and perseverance. Resilience in the face of defeat breathes life into the idea that failure is not final; it is only along the journey.

Resilience also fosters a healthy approach to failure. Instead of internalizing a loss as a personal failing, we can embrace it as a natural process of growth. Failing, when mediated by resilience, reminds us that the path to success is hardly ever a linear one. We must be able to embrace the suffering of loss and turn it into fuel for personal evolution. Growth Beyond the Outcome We are so outcome-focused on life that we ignore the process.

A winning loss makes us focus on the process of learning, growing, and getting better instead of the outcome. It makes us redefine what winning is. Sometimes the process of striving for excellence and the lessons learned in the process are more important than the win itself. We all have our own life's journey and have experienced seasons that require continued growth and development.

We do not wake up and arrive at the summit of the promise. We hold on to faith that keeps us moving toward the promise. It's in the journey where you find your strength. Your faith is established so much higher than your own thoughts and your steps are ordered towards a pathway that leads you to a place of triumph. I tend to live by the three Es of development. Engage, Empower and Equip. Even in a loss, using one or all those E's will allow me to move forward to understanding the loss while gaining insight into my growth.

The Strength of Perspective – What lens are you looking through?

The key to a victorious loss is perspective. What might initially seem like failure may, in good times, reveal itself to be a necessary directional shift toward your next. It is during these times of challenge and loss that we are forced to question our assumptions, open our minds, and innovate in ways we might not otherwise. This is particularly true in the field of personal growth.

For instance, a person might fail to succeed in a business opportunity, only to realize later that this “failure” launched them into a more fulfilling career, one more aligned with their values and passions. The loss, in hindsight, is a gain of a different kind—one of self-awareness, direction, and alignment with one’s calling.

Joshua 1:9 Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go.

Hey Winner!

Embrace the Paradox A victorious loss is a powerful concept that challenges us to reframe the nature of success and failure. It reminds us that not every loss is a setback and that some of our greatest victories do not come in the shape of trophies or medals, but in the things we learn from adversity. Embracing the paradox of a winning loss is a shift of mind recognition that failure does not exist on the other side of success but is a vital part of the process. Believe in the winner within you and not in the moment of defeat. In the end, it’s usually the defeats we experience that shape us into the people we need to be to realize our full potential.

A winning loss is not a contradiction; it is a triumph of the human spirit, teaching us that in defeat, we acquire the strength, wisdom, and perseverance to ultimately be victorious. Let’s convert our Trials into Triumphs Celebrating success

rather than focusing on failure is a powerful way of building morale, developing confidence, and affirming the growth mindset. While it is necessary to record failures for learning and improvement purposes, shifting the focus to positive milestones gives a more empowering context for teams and individuals.

The following are some strategies for celebrating success and fostering a successful culture:

1. **Create a Practice of Recognition** Making a practice of celebrating success, however small—helps to internalize the value of achievement. It could be in the form of writing down your list of achievements on a weekly basis. Try to recognize your wins. These rituals help make it the norm that success, however small it may seem, must be celebrated.

Action Step: Hold a “Wins of the Week” session at the beginning or end of each week where you and an accountability partner take a few minutes to share something you accomplished, either a work project or personal objective.

2. **Focus on Process, Not Just Outcomes** Praise achievement doesn’t have to be for the final product always. Acknowledge the effort, tenacity, and commitment that went into achieving something, and not always the result. When you praise the process, you’re reinforcing the value of hard work, commitment, and incremental improvement. Be strategic and goal-oriented

Action Tip: When you acknowledge someone's success, compliment their process. For example, "I like how you broke down that tough task into smaller steps, which made the process so much easier."

3. Express Gratitude and Appreciation Saying thank-you or expressing appreciation for someone's effort or contribution is the most direct and immediate method of acknowledging a person's success. Small acts like these have a profound impact on the confidence and motivation of a person as well as allow you to focus on rejoicing in someone else's success.

Action Tip: Send a personal note, give a compliment, or openly praise an individual in front of his or her peers for a job well done. Acknowledge even small wins to demonstrate that you value their efforts.

4. Celebrate Milestones, Not Just End Goals Too Often we wait until a large goal or project is finished to celebrate. But the small milestones along the way should be celebrated. Any step in the right direction is progress, and celebrating along the way will keep morale high along the way.

Action Tip: Break large goals into smaller, manageable milestones and celebrate when a milestone is achieved. This could be the end of research, end of drafts, or sales milestones.

5. Encourage Peer Recognition – Find your tribe of Winners. Building a peer recognition culture can make celebration more spontaneous and ubiquitous. When peers are supposed to recognize each other's success, it builds an environment of cama-

raderie and supportiveness. This can be especially effective for teams or communities where teamwork is crucial.

Action Step: Find time to spend with your Winning Circle of Friends. Go out of your way to get together on a consistent basis and share the winning moments and even the moments of defeat. Challenge each other to encourage and support the steps towards success and not failure. This promotes a healthy relationship of trust and encouragement and provides everyone with a chance to celebrate with one another.

6. Take Time to Celebrate with a Pause We are living in a world today where we swiftly move to the next thing without celebrating our successes. Take a pause and enjoy your growth and success to develop a positive mindset and appreciate your hard work. Love the winner in you!

In conclusion, Celebrating Success is an Ongoing Practice!

Celebrating success is not a one-time thing; it's a long-term habit that reinforces good behavior and underpins a culture of growth. By implementing these strategies, you create a context where individuals are motivated by their successes, confident in their ability, and eager to continue working towards their goals. Ultimately, it's through regular celebrations that we recognize not just the big wins, but the incremental steps towards success. Don't ever forget, winning is a choice.



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**UNTOLD STORIES OF
LEADERSHIP TRANSFORMATION**

**“IF YOU CAN’T
COACH,
YOU CAN’T
LEAD.”**

By Tina Black

Those words hit me like a lightning bolt the first time I heard them. I still remember the moment — sitting in one of my early coaching certification trainings, my instructor spoke those words, and I instantly sat up straighter. Something shifted in me. I knew I had to grow.

As a business owner, I realized I wasn't just leading a team — I was influencing lives. And if I wanted to lead well, I needed to become a better coach. That moment launched me into a decade-long journey of development.

From devouring books and podcasts to investing in courses, I committed to mastering the art of coaching.

Today, I'm a certified DISC and Emotional Intelligence consultant and trainer, and those tools have transformed the way I coach my team — and the leaders I'm privileged to serve. Coaching isn't just a skill; it's a responsibility.

If you're ready to start your own coaching journey, here's a list of powerful questions to help you begin. And if you're interested in receiving your own personalized DISC and EQ assessment, feel free to reach out at tina@tinablack.net. Let's grow together.

The Best Leaders Ask These Questions

EXPLORATORY

- Where are we seeing momentum and what should we do about it?
- What are we tolerating now that could become a problem later?
- What's the biggest assumption we're making that might be wrong?
- If we had to start over today, what could we do differently?
- Where are we thinking too small, playing too safe, and what would we attempt if we knew we couldn't fail?
- What is something everyone is thinking but no one is saying?

EMPOWERING

- If I weren't here, how would you handle this?
- If you could make one change right now, what would it be?
- What's one thing I could start or stop doing to help you grow?
- What idea have you been hesitant to share, why?
- What is something bigger you're capable of doing that I haven't challenged you to yet?
- Who on our team has untapped potential or underutilized strengths?

CULTURE

- What behaviors are we unintentionally allowing or rewarding?
- What unspoken rules or norms are holding us back?
- What do we say we believe but we aren't living it out?
- Are there any values, practices, or traditions that no longer serve our mission?

ACCOUNTABILITY

- Are our goals measurable, clear, and achievable within a defined time frame?
- Who is responsible for what and when will it be completed?
- What will we do when we hit our goals? What will we do if we don't?
- Are we holding ourselves to the same standards and level of accountability that we expect from others?

SELF-REFLECTION

- What is it like to be on the other side of me?
- Am I being led by feelings or facts?
- What fear is holding me back?
- What's the single change I could make for the biggest possible impact?
- Where am I unintentionally frustrating those around me?
- What problems am I overlooking, ignoring, or excusing instead of facing, addressing, or changing?



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Let's work together to transform reactions into thoughtful, effective responses!

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MARCH 1 - 31, 2025



WHAT IS LOVE

By Henry Miller III



On July 9, 2025, Sarah and I will celebrate 19 years of marriage—and 20 years of knowing each other. Looking back, I can honestly say that love, real love, is far deeper than what most people imagine.

When people talk about “love at first sight,” it sounds magical—and for many, it is. But for me, it wasn’t just her smile or her beautiful 5’2” frame that caught my attention. Every time I saw her at church, she stood out. Something about her drew me in. I would find myself pausing just to watch her, not in a superficial way, but with a deep curiosity I couldn’t quite explain.

Then came a moment that changed everything. One Sunday, during a powerful altar call filled with dancing and worship, I saw her truly worshipping God. That’s when it hit me: this was more than physical attraction. What pulled me in was her love for God—the way she revered Him with all her heart. It was the God in her calling out to the God in me. That was the moment I knew.

As we began dating, we talked and laughed every single day. We were both in night school, but even after class, we’d meet at a restaurant just to spend 30 minutes together. It didn’t matter how short the time was; being with her was everything. She had my heart from the very start.

On July 9, 2006, we said “I do.”

We vowed to love each other in sickness and in health, through the highs and lows, until death do us part. And let me tell you, we’ve been through it all—together.

On January 24, 2014, our son was born. That day added a whole new level of love to our lives. Watching Sarah as a mother showed me once again just how powerful love can be.

When you truly trust God—and when your partner loves and trusts the same God—it changes everything. That kind of foundation makes the journey easier, even when things get hard. And yes, marriage does get hard. I’ve had to relearn my wife every five years or so, because people grow, seasons change, and love evolves.

So, what is love?

Love is commitment.

Love is choosing someone every single day.

Love is trusting God’s plan for your life together.

Love is seeing the God in someone else and allowing them to bring out the God in you.

“Why love?” you might ask.

Because God so loved the world that He gave His only begotten Son. And He trusted me with one of His daughters. That’s how much He loved me—He gave me someone to love and someone who would love me back.

But here’s the truth: You can’t trust love until you learn to love yourself. And you can’t truly love yourself until you understand just how deeply God loves you.

That’s what love is. And that’s why I’m still saying “I do”—every single day.





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Father's
Day 

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they'll have to face their past.

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