

## Press Release

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## “I Am Terhea” emerges as an empowering holistic lifestyle brand

**SAINT LOUIS, Mo** – “I Am Terhea” is an emerging, holistic lifestyle brand that encompasses spiritual, emotional and mental wellness. Face of the brand, Terhea Jones, caters to audiences who seek couples counseling, youth in the Saint Louis community, women who hope to gain stronger self-empowerment, and individuals from various walks of life who seek to reach higher heights and elevate their human experience. Terhea Jones aims to promote her speaking engagements, her podcast, “Kindness is Dope,” and her classes taught in some Saint Louis Public Schools.

Terhea developed *Sweet Success: School of Etiquette* for young girls whose ages range from five to 18 years old throughout the Saint Louis Metropolitan Area. One of her church clients include Solomon’s Temple Church located off 5569 Page Blvd. Some schools include Paideia Academy, Imagine Academy, the St. Louis Public Schools, and most recently St. Louis The King School, DeLaSalle Middle School and St. Louis Catholic Academy. During that tenure, *Sweet Success: School of Etiquette* taught approximately 800 students with an attendance rate of 95%. Approximately, 98% of all students who graduated were eager to attend the next session of Sweet Success School of Etiquette.



“Kindness is Dope” podcast is another pillar of the, “I Am Terhea” brand hosted by Terhea Jones on 88.1 The Truth radio station and is broadcasted all of the world every Wednesday at 7 PM. “Kindness is Dope” podcast talks about a range of topics that include spiritual awareness and how sharing kindness to those around your community has a powerful ripple effect in your daily life. “How often do we hear other people’s story and feel inspired to want the same result(s) or tangible things? Quite often! But how did they get there? What was their journey? What did they go through?” The messages heard on “Kindness is Dope” carries weight. So much that it draws the attention of 160+ listeners per week.

Terhea also served and currently sits on several panels and Speakers’ Bureau that includes “Department of Justice Office of Probation & Parole”, “Professional Women’s Group” (St. Louis City and St. Charles County, 2011-2017), “2017 Phenomenal I AM Women’s Conference,” “2018 I Wish or I Will Entrepreneurial Workshop,” and “Love Is Couples Counseling.”

“I Am Terhea” strives to secure speaking engagements and promote her brand to news stations, radio stations and gain interviews throughout the Saint Louis Metropolitan Area and across the world. Terhea is also a corporate speaker and host/keynote public speaking events. The audience is primarily cultivated from the podcast show on 881TheTruth.com – “Kindness is Dope.” The

previously mentioned business; Sweet Success School of Etiquette and subset tiers of service are still offered.

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**About I Am Terhea:**

Terhea Jones has over two decades of experience working with children and non-profit organizations. She is passionate and has developed instruction to know what “is” and “can” be detrimental to the youth in the Saint Louis, Mo community. Terhea has worked in several entities to develop her awareness and build a foundation. She has B.S. Degree in Human Resource Management and working towards her Masters of Science Degree in Management and Leadership. To listen to Kindness is Dope podcasts, visit [81TheTruth.com](http://81TheTruth.com) and follow the Kindness is Dope [Facebook page](#).