

Lakisha Mitchell-Buffington

LifeStyle Entrepreneur, Author,
Educator, & Speaker

UnStuck
Woman

"I never lose. I am either winning or learning."

- Nelson Mandela

About Lakisha

A highly driven woman of God, who was born to break barriers, Lakisha proves that when powered by purpose, women are unstoppable.

She's built her storied life and career brick by brick, fighting fears, failures, and setbacks to have the success she's always known was hers to claim.

Today Lakisha personifies what it means to ascend above adversity while inspiring countless others to do the same.

Having honed her expertise for over a decade, her work is a testament to what it means to leave an undeniable mark on the world.

She inspires. She empowers. She unleashes.

Extraordinary at talking others through SELF transformation Lakisha is relentless about their success as she is her own. She is more than just speaker or an educator, she is a champion of WOMEN.

Lakisha does not simply desire to change lives - she has a purpose to enlarge them!



Testimonials

"Lakisha has a God-given gift of love and passion for life. I love that she boldly owns her emotions and feelings, freely sharing her trials and triumphs. I am proud of her and thanks again for helping other women uncover their UnStuck stories too."

Easter Reynolds -Love,

A Wife, Mom, & Gammy, & Veteran Business Owner

Media Appearances



Mic Your Story, New York

"Your energy is everything!

You authentically own your story!

You are changing lives girl!"

"You Rock! You made me feel free! Continue touching lives of others!"



I love your southern drawl, your difference is definitely your blessing!"

Keynotes

Skin Care As Self Care

I share with women 5 Reasons skincare is selfcare! Because focusing on improving skin health pays off for your physical, emotional, and mental well being.

Writing is My Therapy

I share with women tips & truths about how journaling provides "total freedom" for your SELF-identity. How writing allows you to be completely and comfortably yourSELF, as well as give you an outlet to express your spiritual (inner) you.

Self-Esteem Is ...

I share with women 5 distinctions of healthy self-esteem to help begin the journey to more confidence, inner strength, & more SELF love.



Let's Connect



AnUnstuck
Woman

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