

Lakisha Mitchell-Buffington

Wife, Mom, Author, Educator, Speaker & Lifestyle Entrepreneur

UnStuck Woman

"I think the greatest gifts we can give each other in a relationship are the gifts of kindness and communication." - Jane Green

About Lakisha

An Empowering, God-Fearing Woman Who Defies Odds

Lakisha is an unstoppable force, driven by her faith, determination, and purpose. Despite facing obstacles, she has successfully built an enviable career and life.

Her journey is a testament to the power of perseverance and hard work, and serves as an inspiration to countless others.

For over a decade, Lakisha has honed her skills and expertise, leaving an undeniable impact on the world.

She is not just an educator or speaker, but a true champion of women, inspiring and empowering them to reach their full potential.

Lakisha's passion for self-transformation is contagious, and she is relentless in ensuring the success of others. Her mission is not just to change lives, but to enlarge them. With Lakisha by your side, there's no limit to what you can achieve.

Testimonial

Lakisha is a remarkable individual with an unwavering love and zest for life, bestowed upon her by a higher power. Her bold ownership of emotions and open sharing of her experiences, both good and bad, are truly inspiring. As a mother, Gammy, a salon stylist/owner and advocate for Women Living in Truth, I couldn't be more proud of her. Thank you, Lakisha, for helping other women discover their own "UnStuck" stories.

Easter Reynolds - Love



Lakisha is the founder of UnStuck Women Empowerment, where she uses story sharing to help with career, confidence, and inspiration. Lakisha helps women as they become more confident in their own abilities.

She is the author of *UnStuck: A Personal Journal Based on the Development of Self-Confidence and a Guide to Business Strategy and Coaching for Women*, where she works with clients to help them overcome their fears and achieve their goals.

It is her personal, career, and business development. Lakisha helps women through her coaching and mentoring.

GRACE E. GIBBS

I can remember sitting in my small office at my husband's bank holding my baby in my arms, and I thought, "I thought I would be a wife and mother."

I was never given any training or education in my field, and I was never given any training or education in my field, and I was never given any training or education in my field.

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3X PUBLISHED AUTHOR
Fate at Birth Emergence UnStuck & Free

UNSTUCK WOMAN
SELF Strategies

Lakisha
MITCHELL-BUFFINGTON

Signature Talk!

The Wilderness Work

Joy is rooted in who God is, not what is going on with us. Our circumstances should not determine our level of happiness. When women find God-Life balance, we also find Harmony & Joy!



Lakisha is passionate about:

Edification. Emotional Healing, God-fidence. Self-Transformation.



Talking Examples

My Voice is my Tool

Discovering and discerning your purpose verse and how to apply it to life. (Isaiah 61:1)

Writing is My Therapy

Tips & Truths about how journaling facilitates "emotional freedom". (Philippians 3:13)

The Power of Faith & Perseverance.

Taking life one day at a time; building your faith and connection to God's plan for life. (Matthew 6:34)



Let's Connect

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