Honoring Women to Inspire Women

Magine Magazine

Women Making Movers

The Magistra Mission & The Movement Sacramento's Industry Leaders The Young Woman Entrepreneur Education Foundation

Magistra: Latin Origin (Classical)IPA(key):/ma'gis.tra/,[ma'gɪs.tra] Noun magistraf(genitivemagistrae);first declension a femaleteacher

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for Women Business Owners

The Magistra Mission

Honor Women Founders, Entrepreneurs, Designers, Artists, Businesswomen, & Women Professionals on a Global Scale by highlighting our successes, telling our stories and encouraging others to reach for their dreams & make them reality!

www.Magistra.us



The Magistra Movement

As we strive for progress in our global economy women continue to take lead on developing businesses across industries. Magistra Magazine is committed to spotlighting and celebrating these women. We began our journey in our home State of California and have grown across the United States to now place the spotlight of Empowering Women on a Global Scale!







Ms. Vihil Heather I. Vigil Founder | CEO Magistra International

It is such a great honor to be sharing this issue of Magistra Magazine with you! From as long as I can remember I have been working to empower women. Even before I started Therapeutic Empowerment to provide Women's Empowerment Coaching, before Magistra Magazine, The Women of Diversity Business Brunches, The International Women in Business Mastermind & Magistra International ever came to be something inside of me knew that I was put on this earth to effect great positive change!

At the end of each year and in the beginning of the next I LOVE to sit with my thoughts and reflect on all that has happened and all that I want to plan. Recently I shared with a colleague to believe you have already won and become that person you want to be! And that is exactly why our theme for 2020 is **You Have Already Won! NOW Show Up Like It!**

It takes courage, resilience, planning and execution to make your dreams come true! As we embrace the process and show up like the true Phenomenal Women that we really are we adopt the changes, roll with the unexpected and produce great things for the world around us by starting with ourselves.

In this 1st issue of 2020 you are reading about women who have done just that! You will learn from them and you will grow yourself! So embrace this amazing new year with clear 2020 vision & make it happen!

If we can do it so can YOU!

Magistra Magazine

Editor in Chief & Creative Director Travel Writer Momma Insights Writer

Ms. Vihil Heather L. Vigil Clarice Diaz Zenda Mayer

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> Visit on the web www.Magistra.us

Magistra International Sacramento to San Francisco, California

Industry Leaders

The Spring Issue of Magistra Magazine focuses on Women Making Moves in Sacramento, California!

These phenomenal women are creating programs, projects, businesses, collaboratives, luncheons, brunches, you name it they are most likely creating it or helping to bring it to fruition!

Industry Leaders

Leslie Bosserman Stephanie Mearse

Mindy Joranovic

Jara Jaylor

Saara Jorres

Anita Renee Johnson

Ms. Vihil H. Vigil

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Vihil@WomensEmpowermentCoach.us

Magistra International Sacramento to San Francisco, California

Leslie's Leadership Manifesto "To me, leading with intention is living life on purpose: Waking up every day and choosing to be present, engaged, and authentic. It's creating a life based on your values that's driven by your strengths. And the resulting energy is a harmonious blend of the being and the doing energies that balance our lives.



Leading with intention requires you to be aware of and own your influence so you intentionally improve your relationships and environments. It invites you to stand in your power and wake up to the impact you have on others and on yourself. Leading with intention is now. Leading with intention magnifies how change can happen and that it begins with you. Right here. Right now. No matter the circumstances. While this isn't always comfortable or easy, the process is worth the effort because it's all about improving this one, bold, beautiful life you have to live.

It asks you to accept this moment with a curious and open heart and start where you are – releasing the hold of the past and the expectations of the future so you can accept the gifts of the present."

After working for a decade in higher education and student development, Leslie launched Lead With Intention® – a boutique coaching and consulting practice.

Lead With Intention® specializes in leadership coaching, customized training, and organizational strategy for clients and their teams around the world and collaborates with a range of creative professionals from entrepreneurs launching their startups to executive leaders at Fortune 500 Companies.

Using the science of applied positive psychology alongside coaching modalities, Leslie digs deep to champion her clients' greatest strengths to help improve how they work, lead, and live. She created a new paradigm for leading from the inside-out called Wholehearted Leadership[™] that is already transforming individual lives and organizational cultures.

Leslie graduated with her Bachelor's in Mass Communications (B.A.) and a Master's of Education (M.Ed.). She is also trained as a Certified Professional Co-Active Coach (CPCC) through The Coaches Training Institute. Before becoming a Professional Coach, Leslie worked at the University of Illinois at Urbana-Champaign where she taught leadership and diversity classes as well as ran a campus-wide Leadership Certificate Program for over 500 students, faculty, and staff members. She also has worked professionally in residential life and academic research at UCLA and in Public Affairs at Lawrence Livermore National Laboratory under the U.S. Department of Energy.

Leslie is deeply grounded in her core values of authenticity, connection, collaboration, and creativity which she applies daily through her Leadership Manifesto. She believes that Wholehearted Leadership[™] begins with service, and is personally committed volunteering locally, regionally, and internationally.

This Mompreneur knows what it's like to juggle multiple, competing demands and still make time for the things that matter most: self-care, spiritual growth, and quality time with family and friends.

As the creator of The Makers Place[™] - Sacramento's first coworking space with flexible onsite childcare Leslie also serves as the Director of the Mini Makers[™] Preschool. She loves being able to serve as an influencer in her local community by helping spread ideas that matter.

Leslie is a volunteer coach for emerging female leaders through The Coaching Fellowship – an international community of coaches dedicated to helping young women who are transforming the planet.

Leslie first met her now-husband, Joel, when they were 8 at summer camp. As best friends, growing up, Joel was Leslie's junior prom date and first kiss. Now over 20 years later, they are happily married with their boys Caleb and Luke.

In their first year of marriage, Leslie and Joel lived in the Middle East, where they both served in local schools in Amman, Jordan. While abroad, Leslie ran a leadership and service organization for grades 7-12 and launched the first-ever Student Leadership Summit in Jordan.



Programs + Services

Using the science of applied positive psychology alongside coaching modalities, Lead With Intention® offers Premium Programs and Signature Services for our clients and their teams around the world.

Executive Leadership Coaching + Lifestyle Strategy

Our coaching collaborations are exclusive partnerships with both emerging and established leaders who are seeking support through facilitated self-discovery. Structured as 3-12 month packages, coaching is designed to help you dive deeper into core leadership and lifestyle areas where you are seeking change, growth, and sustained improvement. We also offer a series of Career Coaching services for individuals experiencing transition or desiring more support determining their professional path.

Organizational Culture Consulting + Strengths-Based 360 Analysis

This half-day interactive on-site consulting session gives you a snapshot of your current team dynamics, organizational culture, and leadership style. Using a mixture of quantitative 360-survey data and strengths-based qualitative inquiry, we spend time together to dig deeper into what's working well so we can improve what's not.

Team Training + Development

Our trainers partner with leaders at all levels to design customized leadership experiences that support and enhance organizational dynamics and company culture. With topics ranging from Energy Management, Strengths Development, and Solutions Focus Thinking, among many others, we are constantly updating our offerings to stay fresh. Let us know about your team dynamic and desired outcomes using this interest form or check out our current offerings and custom solutions.

Our Mastermind Communities are intentionally designed to support, stretch, encourage, and challenge you as you strive to make progress around specific goals or projects within a three-month period. Offered onsite and virtually, these small-group sessions are intentionally designed to build strategic networks among leaders and hold you accountable as you spring into action. Currently, enrollment is open for the next cohort of our Mompreneur Mastermind[™] Community!

Millennial Masterclass™

Designed with today's dynamic leader in mind, this Millennial Masterclass[™] will help you make significant progress on your goals so you can leverage your strengths more effectively. In our exclusive virtual learning environment, you will learn core leadership skills in weekly modules with the option of additional one-on-one Executive Coaching sessions. Organizations that are interested in sponsoring a Millennial Masterclass[™] for their emerging leaders can contact us to learn more about this comprehensive program!

Managing Millennials

For those leading and managing cross-generational teams and Millennials, we specialize in partnering with you to help maximize your impact as you engage your team. We have a number of customized approaches that we'll tailor to your team's profile and desired outcomes. Learn more about our approach and share more about your desired outcomes.

Virtual Leadership Courses

We also offer a variety of virtual leadership courses and online training modules for organizations wanting additional support for their employees and teams. Contact us to learn more about these options or to design a custom training program.



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This Mompreneur knows what it's like to juggle multiple, competing demands and still make time for the things that matter most: self-care, spiritual growth, and quality time with family and friends.

Leslie is currently living in the Capitol City of Sacramento where she enjoys time with her extended family, supporting the local farmto-fork movement, and exploring the great state of California!



Clarice Diaz Travel Advisor | Jet Set and Relax! Claire@jetsetrelax.com www.jetsetrelax.com Your Travel Concierge to the World!

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Clarice Diaz - Travel Advisor Jet Set For Less, LLC Jet Set and Relax! Claire@jetsetrelax.com www.jetsetrelax.com Your Travel Concierge to the World!

There are plenty of places one can think of when thinking of Spring Break, however year after year one place stands out and it's right here in the US. **Miami** calls people from all over!

It could be her energetic party vibe at night? with many café style restaurants, lounges and night clubs lining Ocean Dr.'s sidewalks back to back, each trying to outdo the other. From Spanish dishes to Alaskan Snow Crab to vegan meals, there is something here for everyone! You will be sure to find a few favorites eateries or lounges while taking in the views of the white sand beach and the beautiful blue waters of the Atlantic Ocean right across the street the beauty of this place cannot be denied.

Be sure to stop by Mango's to see a Tropicana/ Las Vegas style shows and then dance the night away as the place converts into a nightclub at. While it's known as a party town there are mornings at a local café and the vibe is always so relaxing and carefree. Some of the best coffee I ever had was in Miami. Those same cafes lining the streets at night gives a feel of being somewhere in Europe in the day. I personally love watching the sun come up over the Ocean early in the am then heading over to a café right after for a great breakfast.

There are plenty of relaxing things to do like visiting a spa, shopping, or taking a tour of celebrity homes by boat. If you feel a bit more adventurous there's parasailing, jet skiing and if you're a bit more fearless there are airboat tours in the nearby Everglades where you'll learn about the ecosystem while viewing wild life all around you, and it's great for pictures!

When people think spring breakers you think, young college kids running around a bit crazy but that isn't all of Miami; it is also true that there is plenty to do for families, couples and maybe a Girls Trip! Many families who would like a more controlled environment other than the Everglades may want to visit The Miami Seaquarium or stop by Jungle Island Park for adventurous fun Ziplining and visit the Rock-Climbing wall. Clarice Diaz - Travel Advisor Jet Set For Less, LLC Jet Set and Relax! Claire@jetsetrelax.com www.jetsetrelax.com Your Travel Concierge to the World!



In Miami you can always find a spot to meditate, do yoga or just sit still. There are no shortages of hotels either and they can range from budget to luxury, with names like Fountaine Bleu, Eden Roc and Ocean Z. Or try a smaller boutique hotel like The Gale with its rooftop lounge area. There are many chic boutique hotels with luxury penthouses and ocean or bay views. Maybe consider having an extra-large terrace at a great price while living like the locals!





I love getting a group of friends together for a girl's vacation! When you go in with a group to book an amazing place & split the bill the overall experience comes in less expensive and you get to vacation in style with all of the perks and benefits of a higher price ticket!

When in Miami make sure to stop by Biscayne Bay for more great eats and the BEST MOJITOS around right on the dock! Then head over a few steps to board the party boat and party on the water! Or take a romantic sunset cruise up and down Biscayne Bay to enjoy the view of Miami's evening skyline; the cruise is family friendly with great music and great times you'll be sure to remember.

If you don't have a car, Miami has a free trolley to take you up to Hollywood beach where life is busy with a bustling boardwalk where people are riding bikes, families are renting quadbikes and laughter is a constant in the air! When in the area be sure to stop by the Taco Beach Shack for some of the best burritos, tacos, margaritas and great entertainment from Flamenco dancers dancing and singing to the easy breezy music. If you preferred the beach you could stay at places like Margaritaville an amazing hotel resort set in a Hollywood theme or take a look at the new Planet Hollywood Hotel Miami, if you have never been or haven't been recently, there's plenty of reasons to go back! Trust me on this! Uber is a great value in South Florida and makes it pretty easy to get around. If you have plenty of time to see more, then take a day trip to the Florida Keys! Some tickets are as low as \$74.00 for a day tour. I personally like to have my clients fly in at least a day before to enjoy Miami and not have the rush off to their next destination!

Travel Tips & Article by Clarice Diaz Your Travel Concierge to the World! Jet Set for Less, LLC www.jetsetrelax.com



Stephanie Mearse Published Author, Motivational Speaker, Radio Show & Podcast Hostess www.stephaniemearse.com www.facebook.com/StephanieMearseLifestyle



Stephanie Mearse has worked with Desert Capital Management Group as a Vice President since 2014. Stephanie has a BA in Business Management and an MBA in Business Administration from the University of Phoenix. She has been a professional in Marketing for over 15 years and is a 4 time recipient of the company's Top Performer Award for her commitment to excellence and outstanding performance.

Stephanie is the Hostess of a radio talk show on Sacramento's Money 105.5 as well as a podcast "Empower Hour" on Spotify. She is co-Founder of Empower Hour, a Women's Networking Group, and helps women and children suffering from homelessess to get off of the streets.

In her personal life, Stephanie is dedicated to her family, friends, and church. She's actively involved in Rotary Club, The Women's Thursday Club, and her local Chamber of Commerce. Plus, she was a recent finalist for a local Honorary Mayor position. Married with a young son and daughter, Stephanie is passionate about impacting the lives of others, and helping those she meets to achieve both their professional and personal goals.

Stephanie Mearse Published Author, Motivational Speaker, Radio Show & Podcast Hostess www.stephaniemearse.com www.facebook.com/StephanieMearseLifestyle

MOTIVATIONAL SPEAKER & RADIO HOST



Women of Perfection: Perfectly Imperfect

BY STEPHANIE MEARSE

Who is a perfectionist? I know I am. Are you a type A personality that wants everything done perfectly and always on point? Think back to the last time you really needed everything to be perfect? Was that yesterday? Well then you are more likely a perfectionist or Type A personality than not. From my experience being a perfectionist or Type A personality has its pros and cons. Some of the pros for me are that I have a checklist every day, week, month and year of items to be done. Sometimes my daily checklist consists of one- hundred things. Sometimes it's five things. So, the perfectionist in me must check off each items every day to really feel accomplished. The other pros are that my house, car, kids, office and myself is typically very clean and put together which on the outside seems fabulous! The con? Sometimes, I feel very overwhelmed by the number of things to do daily and if everything is not checked I feel like I have failed.

STEPHANIE MEARSE

As a published author of "Women of Perfection; Perfectly Imperfect" Stephanie talks about how in today's society women are expected to be perfect with Pinterest and social media, but the reality is we are killing ourselves with the need of obtaining this perfection. In Stephanie's book she speaks to what is the cause of this need for perfection and how can we overcome these boundaries and fears to become who we dream to be.

As a Speaker, Stephanie speaks to women and men about breaking out of these fears and boundaries to achieve their goals.

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2447 Pacific Coast Highway, 2nd Floor Hermosa Beach, CA 90254 Phone: 310.640.9100 Fax: 310.372.9101 www.DSRTCPTL.com Mindy Jovanovic Owner: Peace, Love, and Soy Wax Co-Founder: River City Marketplace @PeaceLoveandSoyWax @rivercitymarketplace.sacramento



Peace Love & Soy Wax was established in 2013 with a mission to create Eco-friendly and socially responsible candles for the local community. These hand poured, small batch candles are made from 100% soy wax and infused with essential oils.

Peace Love and Soy wax offers an alternative to paraffin and bee's wax that results in a hey quality, slow burning candle. We use high end fragrances that are sure to delight your senses.

We use two different sizes of mason jars, re-purposed glass, and bottle caps. This combined with the Eco-friendly soy wax ensures that we are environmentally conscience with every candle we make.

Mindy Jovanovic

Co-Founder: River City Marketplace. www

www.rivercitymarketplace916.com



Where Creatives and Community Connect

River City Marketplace presents the Sacramento Region's best artists, makers and small businesses in a setting that creates an enjoyable and memorable experience.

River City Marketplace was conceived as a way to showcase local talent and products in a unique and fun atmosphere. Our hope is to create an opportunity for people who believe that shopping small and shopping locally is essential to helping our community and local economy. RCMP provides a stage for small, hardworking artists and businesses to display their work to the public and is delighted to present over 100 local vendors, from fine art and crafts to DIY and gourmet food, live music and a kid's play area . River City Marketplace is bringing together an eclectic mix of local goods and talent for an experience not to be missed.

Proud to be establishing a continual art market for the Sacramento community to enjoy for years to come.



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Insights from a Momma

Name: Zenda Mayer

Mission: Provide insights to keeping our kids, safe, healthy and tackling the world one homework page at a time... Insights from a Momma Many Types of Flu, the Pesky Cold, and Ways to Treat Your Child

Initially, for my first article with Magistra Magazine, I wanted to speak on parenting, parenting styles, and different family dynamics. I decided because of the time of year that we are all dealing with the return from the holidays, getting back to your routine, it also means dealing with the dreaded illness that seems to spread faster than wildfire through our communities.

I figured I would give a bit of info as well as some suggestions when dealing with colds and flu. Please remember, always consult your doctor for real medical advice mine is just suggestions from one mother to another.

It is genuinely exhausting when you need to care for a sick child or children. You know that saying, sharing is caring? I wish that our children would practice some restraint when it comes to germs and illnesses. Colds and the flu lead to an exhausted parent, but we need to keep pushing on to take care of our family and ourselves.

My daughter had the flu, and let me tell you, it about burned me out. Trying to treat her, work, and maintain home was exhausting. I did it with some aid to medicine and other treatments I remember from my childhood.

I hope some of the tricks and tips I used to help my daughter during her bout with the flu. During this time of year, it seems that our immune systems get struck due to colds and flu, among any other illnesses.

The Flu and the Different Types

After a visit to the hospital to find out that my little one was not only gifted the flu, but strain B. What most of us moms don't know is that there are four different strains or types: A, B, C, D. Did you know this? I never knew this until I did some research to learn that seasonal infections cause influenza (the proper name) A and B. Flu C may be found in people, but it can affect the family dog and even pigs. Flu D affects cattle, so we are safe on that aspect.

Type A could change in short spurts of time and can be very diverse. Type A divides into subtypes, thankfully strain B doesn't separate like type A. It does divide down into specific viral strains that seem to be more common. I tell you, the more I learn about the flu, the more I think maybe bubble living might not be terrible.



After our stint in the ER, my daughter has been prescribed Tamiflu for her symptoms. Twice a day for five days, it was a fight to get my little one to take her medicine. Sadly, this medicine not only smelled terrible but tasted terrible too! Yes, I'm that mom that eats everything before my child does. You know you do it also, LOL. Even though there is not a known cure for the flu, taking Tamiflu, Relenza, or Rapivab will help in reducing your symptoms. What I also included to help with our immune systems is elderberry syrup.

That Pesky Common Cold

On the flip side, there is the common cold, and it's more of a nuisance than anything. Both colds and flu start about the same, but a cold virus has less severe symptoms. We are all familiar with the stuffy yet runny nose, coughing, aches, and pains, as well as the illustrious headache.I'm not too fond of colds. With a cold, you won't suffer from any health issues. If your symptoms seem to be more than on the severe side, please consult your doctor. The best advice always comes from your physician.

I will tell you, treating a cold, I can do in my sleep! Using over the counter medications and any home remedies seem to help make your patient more comfortable. Always as a rule of thumb, drink plenty of fluids. It's still best to stay hydrated and to flush your system.

Over the Counter Medicines and Other Remedies

As a mother, I am sure you aren't a fan of your child(ren) being sick with anything. There are many ways to help treat the symptoms and slow down the duplication of the virus. The most common regarding the cold and flu are plenty of fluids, as mentioned before. It is suggested to drink Gatorade or Pedialyte because you want to keep hydrated and the electrolytes up. In addition to the Tamiflu, I was administering; I had my daughter on a rotation of Ibuprofen and Tylenol. I'm so thankful that I'm so grateful that both pain relievers come in other flavors. My daughter is over the bubble gum flavor, and it smells too sweet to me. I don't want to worry about cavities while I'm trying to help her get better.



Another home remedy that has become a staple in our house is elderberry syrup. The syrup has been around for hundreds of years and is now making a significant comeback into the homes of us mothers who prefer a more holistic approach.

Elderberry syrup s perfect in assisting your immune system; it works to cut down on the virus duplication. While boosting your immune system, it has is documented to aid in the recovery of colds and flu. It is recorded that elderberry syrup shows antioxidant and antiviral properties, which makes it the ideal add-on to your medical regimen. There are over the effective counter brands, I have found that finding a homemade and organic syrup tends to be a better fit for my family. Although, if the person I purchase my syrup from is not available, the store-bought elderberry works in a pinch.

Up my sleeve are some home remedies that I remember from my childhood. The one that I still use and still dislike is gargling with saltwater. From all the draining sinuses and coughing, saltwater works well in drying up the drainage, as well as healing your rough throat.

I also have incorporated essential oils into my treatment plan. There are many reputable companies to choose from, and they have their selection of recommended oils. The company I go with has a line that is specific towards kids, and this is helpful. Many oils are considered "hot" oils, which are can be damaging to the respiratory system of our children. I use an immune focus oil to help with the immune system as well as one to help with sleep. I also diffuse the immune oil alongside an oil that is good for helping to fight off germs that linger in the air. By diffusing essential oils, it gets into the air to help clean the air and to get into your system to aid in your recovery.



Since I could remember, I barely went to see our family doctor for anything other than routine checkups. It was on the rare occasion that my mother would take my brother or me to the doctor if we were sick. I know that in this process, it is to help build up your immune system to fight off any viruses we would encounter. Times have changed drastically from then to now. I feel lucky to have had the mother I did, and she taught me what I know to help care for my child in the best way I can.

As a rule of thumb, try to resolve the illness if you can, but always use your judgment when it comes to your family. There you have it moms, a little insight into the flu, colds, and how to handle them. I hope this has been helpful for you, and if you have any topics you would like covered, please let me know! I would love to help!

Insights from a Momma is brought to you by Zenda Mayer!



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Tara Taylor Founding Executive Director: Single Mom Strong www.singlemomstrong.org www.facebook.com/singlemomstrong.org

Single Mom Strong is a nonprofit organization for the empowerment of single mothers and their children that was born of my experience raising my daughter. Raising Desiree' alone was the hardest, yet most rewarding, thing I have ever done. Having experienced first hand the lack of resources available to single mothers, I decided to make that path a bit easier for young single moms and create "a village" in support of them.

I left my ex-husband when my daughter, Desiree', was six-months old. He did not contribute at all, so I vowed to myself that I would raise Desiree' alone, and she would have every opportunity a child deserved. I put my head down and went to work. Hard.

The one and only time I tried to receive aid of any kind, I was turned down. The program was a child care subsidy that paid about half of child care expenses, based on need. I had been advancing quickly in my career, and was making enough to survive, but nowhere near enough for a woman and child to flourish on their own. I was told I made \$27 per month too much to qualify. \$27. In that moment I wanted to ask for a pay REDUCTION. But that became further motivation. My career was in property management, and after holding a real estate license for four years, I vowed that I would not renew it, but rather push forward and obtain a broker's license.

Tara Taylor Founding Executive Director: Single Mom Strong www.singlemomstrong.org www.facebook.com/singlemomstrong.org



After putting Desiree' to bed each night, I would study for three hours, and eventually I completed all of the course work and took the exam. I passed on the first try. I ultimately obtained my Associates Degree the same way. Meanwhile, a Real Estate Broker's license enabled me to venture out on my own, I started my first company at 29 years old, as a single mother, with a mortgage and no reserves. I had my belief in myself, and my desire to be there for my daughter..... So I just didn't fail. Concurrently, I became co-owner of an alarm company, and went on to operate one of the largest security dealerships in the nation for several years. After a prosperous 20-year career, a year in a beach house and three weeks in Europe, where Desiree' and I celebrated her high school graduation, I switched gears, listened to my heart and found my purpose, in Single Mom Strong.rely missed a game.

For the majority of my career, I've been an entrepreneur. Working for myself provided flexibility and with flexibility came dance classes and soccer camps for Desiree'. She grew a love for soccer that lasts to this day. I made good on my vow to give her everything a child from a dual-parent household could, and she began competitive soccer at age 11. Because of the costs and travel requirements, I was almost always the only single mom at those games, but it paid off, as Desiree' went on to have her first two years of college paid for with a soccer scholarship. And, even if I often worked for many hours once she went to bed, I very rarely missed a game.

Tara Taylor Founding Executive Director: Single Mom Strong www.singlemomstrong.org www.facebook.com/singlemomstrong.org

Desiree is now attending her third year of college at UNLV, and I am proud of the bright, kind, hard-working young woman she has become. I have achieved many things in this life that people associate with "success", but my greatest achievement will always be raising an incredible human being. I am not glorifying being a single mom. It is hard. It is by far the hardest thing I have done or will ever do. But I am saying that you and your children have choices. Being a single parent or the child of a single parent does not diminish them. I choose to believe the contrary that being "single mom strong", being gritty and determined and refusing to fail, is not detrimental at all.



Women of Diversity Business Brunch!



2020 women of diversity brunch. event brite.com

Milestones



SUNDAY, MARCH 15TH, 2020 10:00AM - 3:00PM The Makers Place 2618 X Street, Sacramento, California

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Today I am a woman who is truly living the dream of a working mother! I live a life free to create my work schedule, care for my children's needs on my terms and I'm free from living in fear, but it hasn't always been this way. I now have 5 healthy children and own a Real Estate & Mortgage business with my husband, Gilbert Torres. Together, we lead and mentor a thriving real estate team of Realtors and we raise our family on our terms. I am proud to say that we contribute to the success and quality of lives for many families who represent our brand at Exclusive. I truly live a quality of life that I never dreamed could be possible! We travel, we explore, we teach, we lead, we give, we love.

As a young teenager, my life was not going in the direction you see today and I experienced many challenges that contributed to the strength I carry with me. Then, I lived in fear. Fear of failure, fear of judgement, fear of pain, fear of fear. It was a perfect balance of struggle to teach me how important freedom from fear was.

Real Estate became my love story as I began my journey in this service when I met my husband 15 years ago. My passion and heart shows in everything I do within my business and those I have the opportunity to help. Hard work, consistency and intentional acts happen daily for the last 15 years. Financial freedom and schedule freedom do require hard word and there is no way around that! Although freedom from fear is instant when you choose it!

If I could give you one seed to take with you, it would be that you do not have to live in fear, but you can live free from it. Life will always bring its challenges, but joy and freedom from fear is a choice. For me, my faith in Jesus is my freedom.

Saara Torres Broker Associate Exclusive Realty & Mortgage DRE# 01816216 www.facebook.com/saaratorres.realtor

If you or anyone you know has a real estate need please consider me to be your trusted real estate broker. I am honored for any opportunity to personally work with your family to sell a home or help them find your ideal home. I appreciate every reader and I am an open book to other women who need empowerment, support, love or guidance.



Anita Renee Johnson Business Owner and Financial Behaviorist http://AnitaRJohnson.com Facebook.com/anitafinbehaviorist



Anita R Johnson, Financial Behaviorist, is an entrepreneur, speaker, writer, and founder of Money Wisdom for Women & Affluence-Financial Fitness for Women.

Anita has over 30 years of experience along with B.B.S. in Financial Accounting, M.S. Taxation, & completing her PhD Finance, helping entrepreneurs find their financial voice.

After settling into entrepreneurship in 1998 with Anita R Johnson & Associates as the parent company, she quickly founded Money Wisdom for Women to help women upgrade their unhealthy financial habits to healthy habits, helping them make sound financial decisions.

Anita takes an integrated approach to money, focusing on enhancing your financial well-being, while understanding your emotional behavior around money. Anita knows once a client understands their anxiety around money, he/she can make clear and concise money decisions that will affect your legacy.

Ms. Johnson has been seen on FOX 40, Good Day Sacramento, - Channel 31; Contributing writer for The Sacramento Observer, and countless other online news outlet. She has been interviewed and quoted in Essence Online, JPMorgan Chase online and Glamour Magazine.
Anita Renee Johnson Business Owner and Financial Behaviorist http://AnitaRJohnson.com Facebook.com/anitafinbehaviorist





Anita R. Johnson





Empowering Women

Ms. Vihil Heather L. Vigil has over 20 years of experience in business, finance, executive development, mentoring and coaching from the Sacramento Valley to the San Francisco Bay Area. Ms. Vigil's specialized line of new work focuses on the empowerment of women ranging from new graduates, to mid-career professionals, business executives and women veterans, to survivors of sexual assault, those struggling with addiction, anxiety, depression and post traumatic stress disorder.

Ms. Vihil H. Vigil brings her plethora of experience to coach and uplift her clients through educational workshops, online and live uplifting group goal planning sessions, one-to-one coaching programs and more by way of Therapeutic Empowerment, a coaching based therapeutic practice focused on working with women to unleash their true potential by recognizing the past, successfully managing the current and planning for the future!

A native of the Sacramento Valley Vihil is a United States Navy Veteran, a previous nonprofit program director, senior business analyst and project management professional for several campuses of the University of California. Vihil is a graduate of Humboldt State University in Northern California, received an MBA from Ashford University, gained holistic health coach training from the Health Coach Institute and continues to advance her knowledge and credentials by attending such courses as Certified Cognitive Behavioral Therapist credential from Achology Ltd. | The Academy of Modern Applied Psychology while she works towards her Doctorate in Clinical Psychology.





Therapeutic Empowerment

Our Therapeutic Empowerment Practice

Therapeutic Empowerment works with women to get you back to the person you know you can be and want to be! Empowering women and their voices by encouraging expression, setting goals and defining pathways. With a clear action plan clients achieve their goals, desires and wishes through intentional decision making and calculated planning. Sessions are individualized, focused and action oriented to uplift and empower women of all diversities to reach their desired & true potential.

Treatment Focus

Our focus is to help women address specific barriers, emotionally heal, mentally energize, and embrace their inner strengths. We achieve this by providing a judgement free & empowering safe space, listening to your concerns, customizing a treatment plan and coaching you through it.

Our Client Promise

We promise to be there for you every step of your journey. Our goal is to help you grow from your struggles, heal from your pain, and move forward to where you want to be in your life to feel fully empowered!

Therapeutic Empowerment

Trusting in the Process

As we begin clients must agree to be responsible, reliable and committed to being held accountable, ready and present for each session. Be willing to trust the process, be open to momentarily and gently stepping out of their comfort zones. The total investment for your personalized program will be discussed during your first complimentary empowerment session. As we open the conversation to understanding your goals for your own empowerment I ask that you keep an open mind, consider that you, I or we may not have all of the answers but that we will come to some of the best conclusions, actions, steps to consider, and that we will develop a plan that we will follow in your program to personal and professional empowerment.

Trusting in the Process means sticking to a well-grounded methodology to accomplish a long-term goal.

Areas for discussion and exploration will be identified early on in our sessions and will be regularly revisited to ensure that we are staying on our committed path. Though that path may sway from side to side we will work to ensure that we maintain focus to our ultimate set or sets of goals. Many topics such as eating disorders, emotional, physical or sexual abuse, self hurt, anxiety, depression, and PTSD are approached with gentle and appropriate steps to ensure that together we find strength in the process to YOUR empowerment.

EmpowerU

A Community for Women

See your future & make it yours! –Ms. Vihil H. Vigil



EmpowerU! A Community for Women developed through organic progression.

Trusting the Process to create a community of women for women! The EmpowerU! 6 week program developed to take women through a specific, focused and guided process to personal and professional growth. What I have found is that when you create a true action plan you truly accomplish your goals, dreams and wishes for a life you truly imagine for yourself and your family.

Join today visit Therapeutic Empowerment on the web at www.WomensEmpowermentCoach.us

Therapeutic Empowerment
presents
Empowerment Reading

eas

NOT WITHOUT MY COFFEE! EMPOWERING JOURNAL PROMPTS TO JUMPSTART YOUR WRITING

Idea

This 50 page journal guides you to through empowerment exercises, reflections, goal setting and action planning to finding empowerment to finding ways to help others grow.



Published by Magistra Magazine Enterprises https://womensempowermentcoach.us/empowerment-reading

Therapeutic Empowerment presents Empowerment Reading

100 Fantastic Affirmations to Inspire You! By Women's Empowerment Coach Ms. Vihil H. Vigil

100 affirmations to start off your day inspired by Women Empowerment Coaches, Mentors, Business Women, Founders, Entrepreneurs and Leaders across the globe compiled in one amazing collection just for you!



Published by Magistra Magazine Enterprises https://womensempowermentcoachus/empowerment reading

Magistra Magazine

Designed by Women Business Owners for Women Business Owners

Magistra International brings forth opportunities to spotlight diverse businesswomen & entrepreneurs to INSPIRE more women to pursue their dreams by following their passions!

Magistra Magazine empowers Women to share knowledge, insights and experience to encourage others to RISE in an online and print publication!

As Founder of Magistra International my primary goal is to honor Women to Inspire Women on a Global Scale with Magistra Magazine, The International Women in Business Mastermind and the Sacramento Women of Diversity Business Brunches.

The Magistra Mission is to highlight successes by telling stories that encourage women to reach for their dreams & make them reality!

Magistra Magazine empowers Women to share knowledge, insights and experience to encourage others to RISE!

If you would like to get involved in the growing empire of Magistra International, I would love to connect so email me directly Vihil@Magistra.us

~ Ms. Vihil H. Vigil | Editor in Chief Magistra Magazine

Words of Advice

"The most common way people give up their power is by thinking they don't have any." -Alice Walker

"Stop waiting for others to celebrate you. Set goals, achieve them, and clap for yourself!" -Tamala Rae McKinney

"One of the lessons I grew up with was to always stay true to yourself and never let what somebody says distract you from your goals." -Michelle Obama

"Feel the fear & do it anyway!" - Aisha Perez

"The most courageous act is still to think for yourself. Aloud." -Coco Chanel

Words of Advice

"This year look only at what is ahead. Make a list of what you have to look forward to and make it happen. The future starts with you and the past ends with you!" -Rue Gumunyu

"We do not need magic to change the world. We carry all the power we need inside ourselves already. We have the power to imagine better." -J.K. Rowling

"Through Collective Collaboration we too shall all rise!" - Ms. Vihil H. Vigil

"We may encounter many defeats, but we must not be defeated." -Maya Angelou

Working Pages

Have you opened a new business? Do you have a new program? Don't keep it to yourself, let us know! Email: Enquiry@magistra.us

CALL FOR Fierce Feministas! Ready to put your story in an anthology? THIS IS A CALL FOR FIERCE LATINA WOMEN READY TO TELL THEIR STORY IN A PUBLISHED ANTHOLOGY "FIERCE FEMINISTAS!" For details email: DOCUMENTATIOGMAIL.COM The Magistra Magazine Young Woman Entrepreneur Education Foundation

The Young Woman Entrepreneur **Education Foundation offers** annual scholarships to women 30 years of age or younger to aid in funding educational programs to prepare them for their entrepreneurial and business ownership ventures. All sponsored events donate revenue to this foundation so be sure to attend them all!

The Magistra Magazine Young Woman Entrepreneur Education Foundation

About the Foundation

The foundation grew out of the obvious need to help young women and girls interested in building their own businesses or to begin a life as an entrepreneur. Education programs, seminars, higher education needs, workshops, business fees, website fees, business marketing expenses from websites to business cards all carry an expense that some just do not have available to them. Our goal is to provide scholarship money to help fund those necessary items to get her moving!

Educational Scholarships

The Magistra Magazine Young Woman Entrepreneur Education Foundation provides annual scholarships to women wanting to start their own business or to aid in funding educational programs to prepare them for their entrepreneurial ventures.

All donations and revenue from Magistra Magazine sponsored events go directly to fund the annually awarded scholarships.

If you would like to make a donation please do so and help support aspiring business owners & entrepreneurs!

DONATE TO THE FOUNDATION TODAY at www.Magistra.us

Apply for your scholarship NOW at www.Magistra.us

Scholarship applications are accepted through out the year. Winners are announced annually at the awards presentation during **The Magistra Magazine Winter Gala benefiting The Young Woman Entrepreneur Education Foundation!**

Women Empowerment Events

Join your colleagues! Upcoming events to attend Know of an event?! Email details to enquiry@magistra.us

March 2020 15

2020 Women of Diversity Business Brunch! Spring Milestones! Location: The Makers Place 2618 X Street, Sacramento Tickets at www.Magistra.us/events

March 2020 28

The Crowning Awards Ceremony of the Year for the Sacramento Chapter of the National Association of Women Business Owners! Join us for cocktails, an elegant dinner, an exciting live auction with experiences you don't want to miss and the awards ceremony that will recognize the amazing work #ladybosses are doing in our region. Visit www.nawbosac.org

April 2020 10

Monthly International Women in Business Mastermind! Everyone welcome please register ahead for your workbook. Location: ONLINE Tickets at www.Magistra.us/events

April 2020 23

Mindset Matters @Home by Vihil H. Vigil A FREE Family Workshop! Location: The Makers Place 2618 X Street, Sacramento Tickets at www.Magistra.us/events

April 2020 26

Reclaim: A Lead Wholehearted Gathering! Location: The Makers Place 2618 X Street, Sacramento Tickets at www.LeadWholehearted.com

Women Empowerment Events

Join your colleagues! Upcoming events to attend Know of an event?! Email details to enquiry@magistra.us

May 2020 15

Monthly International Women in Business Mastermind! Everyone welcome please register ahead for your workbook. Location: ONLINE Tickets at www.Magistra.us/events

June 2020 12

Monthly International Women in Business Mastermind! Everyone welcome please register ahead for your workbook. Location: ONLINE Tickets at www.Magistra.us/events

July 2020 12

2020 Women of Diversity Business Brunch! Summer Success! Location: The Makers Place 2618 X Street, Sacramento Tickets at www.Magistra.us/events

July 2020 17

Monthly International Women in Business Mastermind! Everyone welcome please register ahead for your workbook. Location: ONLINE Tickets at www.Magistra.us/events

NISHITA MOHAN

Here is my story (true story, yes I really did marry a real banana tree)

My story : I was standing there in all my bridal glory in a heavily red embroidered Saree. I could hear the priests chanting the mantras in Sanskrit. I raised my henna decorated hands to put the garland around my groom's neck. The breeze gently ruffled his hair. He was tall . I looked up once , twice and thrice. It was a banana tree. Yes , a real banana tree. Do you think I'm crazy ? I come from a conservative Indian upbringing and it isn't culturally the norm to challenge my parents,but the real truth of the matter was I was a people pleaser . Here was my parents logic to this craziness. A priest from India stated my horoscope was not aligned and I needed to marry a banana tree to prevent a divorce from happening in my life. So , the little pleaser in me wanted to make everyone happy all the time . And so I proceeded with marrying a banana tree.

I was really excited after that and went on to marry my prince but lo and behold, little did i realise I was in for another shock !Marriages are all about the honeymoon period isn't it ? But , on my honeymoon I was abused in every way., mentally physically .. I might get emotional... even to the point that if I dropped something on his T-shirt while feeding him with love from my hands , he would stare at me in disgust and treat me as though I committed a crime. It was such a devastating and painful experience. It shattered me. He told me to pack up my bags and leave in a harsh abusive tone on the second day of my honeymoon for no reason . I didn't understand what I did wrong to deserve this. It terrified and shocked me to my core. I was completely broken into pieces. My honeymoon was the biggest nightmare.

When I was on a visit to my parents in Singapore after 4 months of being married, I received a WhatsApp . I was excited as I thought it would be an "I miss you " message but (pause), no, It didn't say he missed me . It was a message to end our marriage. My happy ending was coming to an end! Can you believe the effects of what technology can do to a person's soul nowadays ?!

NISHITA MOHAN

In the next few months, I was wrapped up in feelings of grief, hurt, anger and even selfpity but as I reflected deeply, more and more, and asked myself what went wrong? I mean, on the surface of things, I did everything I could do to make my parents happy. I was a good daughter. I married a banana tree. I kept my abuse a secret from them as I did not want them to feel sad. I tried to adjust myself to my husband and his family's liking. But, none of this worked. Why?

That is when I realised something. Something inside of me said "You did everything in the world to please everyone But, what did you do for yourself?!"

It dawned upon me I was doing all this for others, out of my love and duty for them. But, I lost myself as a person along the way. I realised I didn't love or respect myself. The point of my story is that my self esteem and self love was at zero and that I had to resort to marrying a banana tree. I had no voice. No opinions. There was zero fire in me. The point I wanted to make is that I believed so much in the power of love that I even let my ex husband disrespect me so badly. Just imagine a little mouse, that was how I was. That was me ! I wasn't allowed to speak or even eat.

Fast forward one year later after doing some deep inner work and surrounding myself with positive people , my self worth , inner fire in me grew slowly. I realised I had potential in me. I'm in control of my own destiny. I began to look at my experiences as a blessing. I changed my perspective of my pain from being in a victim mentality to a survivor, and then to a leader – of my own happiness. I could have been stuck there in my past feeling depressed but I shifted my energy and pursued my childhood dream of becoming a coach. I found my life purpose in my pain.

The message here is that: you can find your purpose in your pain. I turned my mess into a strong message : Self love is key. I found my purpose in my pain and pursued my childhood dream of becoming a coach.

N I S H I T A M O H A N

www.nishitamohan.com Facebook: @awakenthefireinyou Instagram: @thebutterflygoddesscoach Contact Email: hello@nishitamohan.com

> The first step in being able to love others is to love yourself. When you know who you are and can accept yourself in your current condition, you can propel yourself forward to achieve your dreams as there is nothing capable of holding you back.

I specialize in working with women who have been involved in or abused in a narcissistic relationship. This type of relationship can leave you with poor mental health having had to contend with the needs of another and put them before your own in an unhealthy manner.

This will put doubt in your mind about your own self-worth, but I am living proof that you can overcome anything and achieve your dreams if you just set your mind to it.

STEPHANIE MEARSE & JENNIFER HOUSE

A Woman's Story

Every woman has a story. A life-altering story so unique, that often times it becomes the testimony to the woman she has developed into, and the ever-changing idea of who she 'thinks' she should be. These stories are personal and often painful. I'd like to share mine with you. In 1982 I was born to a mother who struggled with mental issues stemming from the loss of her own mother at a young age. She was so desperate to get away from the pain of her loss, that she dropped out of high school, married an abusive man (my father the 'carnie') and relocated from her hometown of Willits, Ca. to Sacramento Ca. My father was abusive in every sense of the word. Mentally, emotionally and physically he raged and often set the tone of fear in our home. Being a child who was abandoned by his own father, my father harbored years of animosity and pain. Eventually, his feelings of unworthiness and abandonment developed into abusive patterns that lead to violence, drug addiction and the destruction of our already-dysfunctional family.

More often than not, I found myself protecting my younger sister of two years. We would hide in the closet and play with our dolls to escape the reality of our lives. For me, being protective over my sister became a natural instinct that was triggered often. This remained true through my mother's second marriage to a wonderful man, who I had grown to love, trust and accept in this new family dynamic. He embraced my mother, my sister and me and brought a feeling of acceptance and new hope to all of us. Unfortunately, my mother revisited the habit of using drugs, thus spiraling downhill and taking my sister and me with her once again. She and my step father divorced. I was devastated. The very life I had needed and wanted was once again ripped from me. The well-being of my sister and myself were no longer a concern of my mothers. Her addiction controlled her life, therefore, she had no regard for the lives of her children.

STEPHANIE MEARSE & JENNIFER HOUSE

A Woman's Story (cont'd)

Often, we were homeless, living in our car, at friends'houses and wherever else we could lay our head. Now having children of my own, Ill never understand the choices some people make that mirror the complete opposite of protecting our most valuable assets; our precious children. To this day, my sister and I remain close and in spite of all destructive behaviors we were subjected to as children, we both turned out pretty well.

As I reflect on those feelings of fear, panic and pain as a young child, I can't help but wish I could somehow go back in time and show the 'childhood me' that she's a survivor who turns into a warrior. A fighter so fierce that even the most difficult challenges are overcome. I would assure her that the ugly thoughts and feelings plaguing her mind now, will one day be replaced by thoughts and feelings of aspirations, dreams and complete self-worth.

As an adult, I don't remember every detail of the many challenges I faced when I was a child. Until recently, I was too afraid and ashamed to share my story. I was ashamed of the sexual abuse I endured and I didn't even know how to have an honest conversation about it. It's part of my past I'm still working through. Though this is only a small part of my story, it is my goal to share my whole story very soon. Empathy, compassion and the acceptance of people and circumstances has been imbedded in me. It drives me to continue to build on a foundation of support and encouragement while empowering women and children to live healthy full lives, even if they are coming from the bleakest of situations.Coming from such a difficult past I decided to live in a hallmark movie, with the Hubbie, son and daughter, the job, the house and the car. And yes everything had to be perfect all the time. The difficulty is that it's impossible to be perfect and have everything be perfect all the time.

<u>True Stories</u>

STEPHANIE MEARSE & JENNIFER HOUSE

A Woman's Story (cont'd)

So I learned that it was time to look inside to see what the cause of this need for perfection was and how to overcome it. My goal in this lifetime to help as many women and children as possible. TO make a lasting impression and help people who will help others and hopefully make a dent in trying to help the world. I want everyone to know that you can change where you are and you can decide who you want to be. I want so badly to pull people from this place of dysfunction and bring them to a positive path.

Through Empower Hour and The Butterfly Element I finally feel like I am making a difference. We at the Butterfly Element nonprofit (Kristin Hughes) have branches helping women and children on the street to networking groups, to Revive your Hope (Cassandra Sullivan) a grief coach, to Every Day University (Earlene Coats) for an online institution that helps youth and adults with financial literacy, to HeartCORE (Jennifer House) our in-office team building for business, to Confidence Coaching with Erin Summ, and Maximize your Brilliance (Carolyn Mcgraw) coaches youth and children. Empower Hour loves to partner with like minded people and organizations. We work with The Women's Business Network with Christina Matcham and with the Women Veteran Alliance with Melissa Washington. We love helping as many people as we can.

This is what fuels me.



<u>True Stories</u>

STEPHANIE MEARSE & JENNIFER HOUSE

A Woman's Story (cont'd)

From the streets to a VP of an investment firm, CEO of a women's empowerment group with a following of over 200k people on social media, to having a master's degree, a mother and a wife. Who would have thought. No one is stuck in a bad situation. There are options to make your life what you want it to be. We can create a life of joy and excitement. We can create great friendships, family and communities. So look inside yourself today and ask what have you already created that you love? What have you created that you don't love? Now is the time to change what you don't love. Not next week and not tomorrow. NOW.

So you might be wondering, how do I change what I don't love? H.EA.R.T.

H- HEAL-- is for looking into your heart to see what you don't love and seeing it for what it is E- Evaluation-- of the situation in depth with different tools like a personality assessment.

A- Action-- Action is key. Once you have evaluated the situation and have a way to implement the change, take Action. Do it today.

R- Results---Reassess the action and make sure it is what ending result you would like.

T- Thankful-- for the opportunity to make the change and for recognizing the change in you that needed to be made and that you took action to do it.

In the depths of my past William Shakespeare pulled me out of my abyss and I took heart to this quote:

"It is not in the stars to hold our destiny but in ourselves" William Shakespeare.

You have the choice to make the changes of your life.

SHARE YOUR STORY

If you would like to share your story with the readers of Magistra Magazine we would love to publish it! Email your story of the trials and tribulations of your life, lessons learned, rising from hardship, how you found your voice, entrepreneurship, business management, and parent life to Vihil@Magistra.us

JOIN US IN JULY!

Join us in July for the launch of the Summer Issue of Magistra Magazine at The Women of Diversity Business Brunch on July 12th at The Makers Place, 2618 X Street, Sacramento, CA!



Women of Diversity Business Brunch!

Synergy

SUNDAY, JULY 12TH, 2020 10:00AM - 3:00PM

THE MAKERS PLACE 2618 X STREET, SACRAMENTO, CALIFORNIA

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Honoring Women to Inspire Women

ALL OF US HERE AT MAGISTRA MAGAZINE ENCOURAGE YOU TO MAKE AN IMPACT IN ANY WAY YOU CAN!