# Magazine

Ultimate Summer Experiences

6 Women on a Mission to Lead by Giving

A Message From GSUSA CEO, Sylvia Acevedo Honoring Women to Inspire Women

WOMEN LEADERS ARE

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Magistra: [LATIN] Female Teacher | Instructress | Directress | Conductress

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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 making them reality!

www.Magistra.us



### The Magistra Movement

We are making progress in our global economy as women continue to take lead on developing businesses across the industries.

Magistra Magazine is committed to spotlighting and celebrating these women.

Since our launch in January 2020 we have grown across the United States with new contributors in California, Colorado, Texas, New York & Florida. Our international growth now reaches Guyana, Russia, Mexico, Dubai, Spain, & Italy!

We are reaching our goal to spotlight

Empowering Women on a Global Scale!

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### From the Editor Ms. Vihil Heather L. Vigil Founder | CEO Magistra International Womens Empowerment Coach Therapeutic Empowerment

#### Sizzling Summers are my favorite and we are on FIRE!!!

I hereby give you the July 2020 Magistra Magazine Issue No. 2, I am celebrating the gathering of INCREDIBLE WOMEN at our Women of Diversity Summer Summits starting in San Diego on July 2nd for our Power Luncheon and on July 12th in Sacramento for our Business Brunch, the International Women in Business Mastermind Episode No. 15 takes to airways this month LIVE online and through our IWB Podcast AND it also happens to be my birthday on July 5th! We have so much to be celebrating and I am so very excited to share it all with you! Magistra Magazine now has a dozen new contributing writers from 5 different states across the U.S. and 6 countries around the Globe!

Even before I started Therapeutic Empowerment to provide Women's Empowerment Coaching, before Magistra Magazine, The Women of Diversity Business Summits, 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! And damn it (pardon the damn) but WE ARE DOING IT!!

It takes courage, resilience, planning and execution to make your dreams come true!

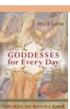
As we embrace the process and show up like the true Phenomenal Women that we really are we adopt the changes, roll with the unexpected and produce great things for the world around us starting with ourselves. This summer I have committed to building my personal library of Empowerment, Strategies & Inspiration to not only personally benefit but to also share my great literary finds with YOU! Definitely check out The Editor's Bookshelf below and I hope you enjoy some of the incredible books I will be reading.

It is most certainly a Summer of Change & Challenge, what is most important is how you manage your emotions, responses and reactions to it all. Always consider the bigger picture before you judge the details and always scrutinize the details to make sure they support the bigger picture. As the Summer heats up be extra kind to your neighbors, the strangers you pass along your way and to yourself. Spark up that meditation practice you've been talking about, spend some time painting en plein air, plan a vacation to visit someplace beautiful and rekindle that flame for dishing up spectacular home created cuisines. Stay inspired by listening to a new podcast on your daily morning walk, keep the kids inspired by planning a new arts & crafts or science project for each week.

In the meantime, I hope you find this issue inspiring, motivating and broadens your horizons a little. Do me a favor and connect with all of the amazing contributors you'll find throughout this issue & tell them you saw them in Magistra Magazine!

Bookshelf

Four titles on our Summer Reading List









From left:

Goddesses for Every Day by Julie Loar Women Who Launch by Marlene Wagman-Geller Leading Gracefully by Monique Tallon The Mastery of Self by don Miguel Ruiz, Jr.

## Magistra Magazine TABLE OF Contents

- The Magistra Magazine Young Woman Entrepreneur Education Foundation
- OO Sherena Edinboro ichoosemehealth.org. Chief Manifestor.
- Oksana® Kolesnikova internationally renowned pianist and composer, educator, innovative music and language curriculum developer, philanthropist and personal mentor to the franchise owners of Oksana® Enrichment Programs.
- Viviana launched her firm Oropeza Law, Attorney in Heels" ™ her femalecentered Business and Estate Planning Law Firm.
- Sonia Hassey is President and Founder of Women Inspired Network Inc. and Destiny Women Global Leadership, a women's transformational leadership program empowering women to become heart-driven leaders.
- Kyemma Vivian Campbell. Scripts Among Her Glass Walls, by author Kyemma V. Campbell, helps people evolve and delve into their souls to find what truly makes them alive.
- Women's Empowerment Coach, Editor in Chief Magistra Magazine Founder, International Women in Business Mastermind & Podcast, U.S. Navy Veteran, Ms. Vihil H. Vigil, MBA, PMP, CHHC
- The Magistra Book Club

### Magistra Magazine

Editor in Chief & Creative Director

Travel Writer

Momma Insights Writer

Ms. Vihil Heather L. Vigil Clarice Diaz Zenda Mayer

The Magistra Magazine Summer 2020 Issue brings to you Trailblazing Women Leaders from across International Communities including the United States, Guyana, Russia, Mexico, Dubai, Spain, & Italy!

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!
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### 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/education-foundation

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!

### Featured Industry Leaders

Sherena Edinboro

Sovia Hassey

Oksana Kolesnikova

M. Viviana Bropseza, MBA, Esq.

Kyemma Vivian Campbell

by Ms. Vihil H. Vigil

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### Magistra Magazine Supports Non-Profit Organizations!

Women's Empowerment educates and empowers women who are experiencing homelessness with the skills and confidence necessary to get a job, maintain a healthy lifestyle, and regain a home for themselves and their children.

https://womens-empowerment.org







Chicas Latinas de Sacramento is a 501(c)3 nonprofit organization that promotes not just connecting with each other, but also improving, connecting and embracing our culture and community.



The Magistra Magazine Young Woman Entrepreneur Education Foundation



### Greetings and Salutations!

### My name is Sherena Edinboro and I am a First Generation American

The need for me to assimilate in a culture that was not mine has been anything but easy. My parents are both Guyanese, from the country of Guyana located in South America. Guyana is located on the continent of South America and shares borders with Suriname, Brazil, Venezuela and the almighty Atlantic Ocean. It is the only English-speaking country on the continent and is part of the Caribbean Community known as CARICOM. Growing up as child my mother who is a naturalized citizen never felt at home there. As a result, I was blessed to have traveled the world and lived in Africa on two separate occasions, developing a world view very early on.

I returned to the United States after living in Botswana, a country that shares a border with South Africa, when I was 18 years old. I had moved there when I was 16 and did not complete my high school education due to a whole different matriculation system. I completed my high school General Education Degree (GED) after returning to the United States and then quickly enrolled in community college soon after, but at the tender age of 19 found that I really didn't know what I wanted to do and I was focused on other things – I found myself trying to fit in and assimilate into a culture that was not mine, once again.

Instagram at:
@s.edenlove
@ichoosemehealth
@tin\_scents

Facebook:

The i choose me health project

Twitter:

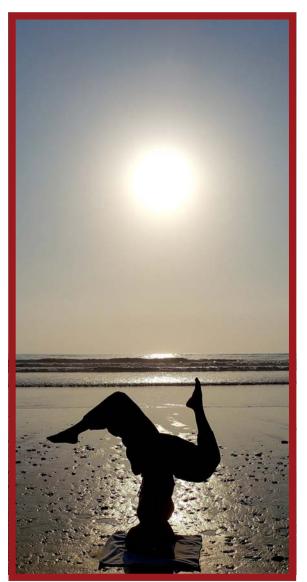
@sedin\_love



### Sherena Edinboro

It was in community college that I met the fathers of my two children, and soon found myself pregnant and dropping out of school. After working a multitude of odd jobs, mainly in nursing homes and psychiatric facilities I became a Certified Nursing Assistant. It was then that I knew I wanted to be a nurse.

I looked up to the nurses I encountered at my places of work and had a desire to care for others and to help them heal. After speaking with a nurse mentor, who happened to be a Licensed Vocational Nurse (LVN), I confided in her and told her my plans to enroll in a vocational program. When I told her, the costs associated with the program she advised me to go to community college as it would be a more economically sound choice and I obliged. I went to community college and obtained two Associate Degrees, one in General Sciences and the other in Liberal Arts. I applied to transfer to California State University, Sacramento and was accepted! I had all the hope in the world.



By the time I finished my nursing pre-requisites it was the year 2005. I applied to the Nursing Program soon after and found out in the Spring of 2005 I would be admitted! I was elated, it was a dream come true...

I started the Nursing program in the Fall of 2005, as a single mother of two young children aged five and seven, I had been a single mother ever since I made the decision to go back to school.

In May 2008 I earned my Bachelor of Science in Nursing and soon sat for my state board exams and soon became licensed. I was fortunate to have a job waiting for me prior to graduation with a well known and revered institution where I would work as a Trauma Nurse for the next nine and half years before transitioning into the Emergency Department (ED) becoming an Emergency Room Nurse. In the Fall of 2017 I found myself in the midst of many changes, I broke up with my significant other, I went back to school for my Masters Degree, began my career in the ED, my son went off to college at San Jose State University (SJSU) and my daughter moved to Las Vegas with my granddaughter prior to her first birthday.

### i Choose Me Health Project

Soon after starting in the Emergency Department I knew it was a move that was not for me. The environment was even more toxic than the one I had left. As usual I was one of the only Blacks in the department, out of 160 or more nurses I was one of five Black nurses. I experienced such hostility that I became even more sure that I wanted to leave the bedside. Heck I had contemplated leaving nursing all together for years. It was not what I thought it would be. Working in the ED became traumatic for me. Trying to navigate a system that was not built for people like me became blatantly apparent. I was in a Master's Program of 20 where I was also one of two Black students. It really began to affect me, and I began to ask myself a lot of questions. Such as, who am I? What is my purpose? Why am I not happy? Is it me?

I began to develop poor coping skills and found myself binge drinking on my days off. I went to seek help through my medical provider and was turned away because I was "too high functioning".

It would be soon after that I would go out on disability due to stress and the need to regain a sense of who I am and my purpose. It was through this leave of absence from my career and school that I began to delve deeper into my own Spirituality.

During my Master of Science Leadership program, I had the opportunity to create a National Organization for Black Nurses in Sacramento and I began developing and facilitating workshops on depression and anxiety. More specifically what anxiety and depression looked like for Black women.

It was through my own experiences that I birthed my current business: The i Choose Me Health Project. A project to empower and help others achieve their goals and dreams by choosing to work on self-first.

As I struggled to learn to love myself and figure out who I was and what I really wanted as well as how to genuinely love myself.



### Sherena Edinboro

My guest for answers led me to India. It was in India that I reconnected with myself. I learned how to quiet my mind and connect with my breath which restored my Spiritual practice. I completed a 200-hour yoga teacher training while in Rishikesh, Uttarakhand. During my yoga teacher training I had a spiritual awakening and noticeable shift in energy. I decided while in the training that my career as a nurse was over. When it was time to return home, I changed my mind telling myself that I should go back and work my job for a few more months and transition into another job before leaving a six-figure per year income. Little did I know Spirit, the Divine, had another plan for me. Upon my return to the United States I had a near death experience that would leave me in the ICU in France while traveling alone for six days. During my medical emergency, my life flashed before my eyes. I got a direct message that I would have to change everything. It was then I realized that I had been Spiritually broken and that the experiences of mistreatment I experienced during my life was changing who I innately was. Causing me to be riddled with guilt and shame. Now I knew for certain I could not go back to my former life because that would be a death sentence. While laying in the hospital bed I knew my journey would be one that involved Spirituality, story-telling and helping to guide others to find their true North or Light. Today I no longer struggle to assimilate or try to fit in for I have found my purpose. I live my truth. I now travel the world attending workshops and retreats as well as hosting workshops and retreats. I function as a Mental Health and Wellness Strategist who helps others attain and unlock the magic that resides inside. I hold ceremony and honor my Ancestors and Spirit Guides as well as the Divine. I am a Reiki Master and facilitate energy work as well as have a candle line that helps aid in manifestation. I am a Chief Manifestor that continues to defy the odds and as a result I help others recognize that the true healer resides inside of them as well. I have many offerings and offer numerous speaking engagements throughout the year.



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Ms. Vihil H. Vigil

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HEALTH COACH
BUSINESS COACH
CORPORATE WELLNESS
PROGRAM ADVISOR
US NAVY VETERAN

WomensEmpowermentCoach.us



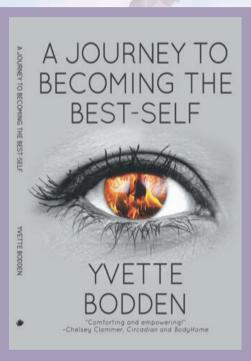
### Tyelte Badden

The Awakened-Woman writes to empower and encourage women from all walks of life, everywhere. Each one of us has a story. My words are meant to give you hope or make you smile. I invite you to feel inspired. Stay open to the possibilities.

If you're willing to do the work and want it badly, there is nothing you can't accomplish. You are stronger than you believe, adding value everywhere you go.



Awakened Woman





As the founder and sole blogger behind Awakened-Woman, a digital platform designed to inspire and invigorate females, author Yvette Bodden writes with endless empathy. In just two years, AW has amassed over 20,000 followers across social media platforms, thanks to a dynamic collection of more than 300 articles centered on relationships, love, abuse, motherhood, and Latino culture, infused with a signature blend of Yvette's pragmatism and compassion.

Yvette's words have also appeared on Thrive Global, media maven Arianna Huffington's portal dedicated to ending the global stress and burnout epidemic, and BELatina Magazine, where she profiles celebrities like Latin Grammy Award-winner Luis Fonsi and television actor, Joe Minoso. Her debut book, A Journey to Becoming the Best Self (Black Rose Writing)—part memoir and part prescriptive fiction, inspired by Yvette's own post-divorce path from devastation to joy—was published in 2019, and received praise from The U.S. Review of Books.

As a single mother based in New York City—a metropolis she credits for her open mind—Yvette regularly channels her own growth experiences. She has contributed to outlets like SmartCoparent and DivorceHub, authoring articles that focus on maintaining financial health through personal crises. Ultimately, Yvette's writing, which seeks to empower and encourage women searching for personalized definitions of success, is an effort to build strong communities through vulnerable and powerful storytelling.

Learn more at https://awakened-woman.com

*76* 



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What Girl Scouts
Stands For:
A Message From GSUSA
CEO, Sylvia Acevedo





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7-Nights The Great Alaskan Grizzly
Photo Adventure
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Email: claire@jetsetrelax.com

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Oksana® Kolesnikova & Oksana Foundation

#### Inspirational and visionary...

elegant Russian-born American, Oksana® Kolesnikova, is an internationally renowned pianist and composer, educator, innovative music and language curriculum developer, philanthropist and personal mentor to the franchise owners of Oksana® Enrichment Programs.

She is the CEO of three companies: Oksana® Management Group, Inc. (OMG, Inc.), Oksana® Enrichment Programs, and **Oksana**® Foundation.

In 2019, she launched franchising opportunities for her scholastic and arts-focused business, which was already successfully operating with a large roster of instructors and was established in numerous schools.

Born from Oksana's love of music performances, composing, teaching music and languages to students, she sought to provide a quality-based resource for student enrichment beyond what her highdemand, one-on-one lessons would allow.

remarkable example of "The American Dream," Oksana® is the beautiful face for her brand, bestowing upon it her golden combination of diligence, drive, global outreach, entrepreneurial spirit, and sheer talent.



After falling in love with the piano at five years old, Oksana® began classical piano lessons when her family moved from Siberia to Kazakhstan Russia.

Inspired and focused on developing her talent, she began winning music competitions only four years later.

Blessed with parents who were educators who sought more opportunities for their children, Oksana® emigrated with her family to the U.S. after the Soviet dissolved. Thev settled in Petersburg Florida.

While enrolled in what is now St. Petersburg College, Oksana® won the Florida State Young Artists Symposium Competition as a junior. This honor secured her a scholarship to the School of Music at Florida State University, where she graduated with honors in 2001. Her entrepreneurial spirit and her skills in marketing and branding took root as she began booking piano performances to showcase her talent across Florida. She had a growing fan base, and her gigs included charitable and business galas, private events, and a recurring booking on the Home Shopping Network (HSN).

She fell in love for a second time when she met her husband-to-be, Alex, at his birthday party in 1999. Oksana®'s partnership with Alex, who had emigrated to the U.S. from Italy, launched a remarkably productive and creative new chapter. He became her career manager, and they developed strong national and international relationships working together as a power couple.

In 2003, Oksana® became the first Russian-American female pianist to travel overseas to entertain the U.S. Troops. She made two world tours on behalf of the Morale, Welfare and Recreation Department of the U.S. Navy. She made a solo tour to entertain the U.S. Troops in September 2003, stopping in Italy, Spain and Greece. In February of 2004, she went to Asia, including stops in Guam, Korea, Japan, Okinawa, and Singapore with Navy MWR. She also was invited to perform for U.N. officials in New York City.

2006 was a pivotal year. Oksana® proudly received her U.S. citizenship and performed in Italy at the Salento International Film Festival on opening night.

Looking to relocate into the center of the entertainment world, Oksana® moved with Alex to Beverly Hills, California. There, she landed the prestigious position of in-house pianist at The Polo Lounge, the legendary 5star venue in The Beverly Hills Hotel. Oksana® performed there every week from 2006 to 2013, entertaining an ongoing celebrity roster of who's who in the world of entertainment and business. During that time, a growing demand began for her to perform at private parties and charitable galas, as well as to teach piano lessons to celebrities and their children in the Los Angeles region. She especially loves working children and met these opportunities with ambition and grace, building an expansive and well-connected list of clients. Her fan base continued to grow online. During her tenure at The Polo Lounge, she performed straight through her pregnancy, bringing her cherished son, Alessandro, into their family in 2009.



### Oksana® School of Music Oksana® Management Group, Inc.

The Oksana® School of Music was awarded the 2014 Best of Beverly Hills Award. Oksana's stellar reputation translated into the Oksana® School of Music becoming the main choice of celebrities who sought lessons for themselves or loved ones. To meet logistical issues, she began incorporating lessons through Skype when appropriate, enabling her to teach out of town and international students.

Pursuing cross promotions, mutually-beneficial collaborations and endorsement arrangements, Oksana® studied the business practices of highly successful companies and carefully began partnering. Her focus and theme, which underpin her business, have always been to work only with people and companies with whom she has a deep respect and a friendship.

Family-oriented, Oksana® and Alex decided to move from Beverly Hills to the Santa Clarita area in 2016 to create a comfortable home. This move enabled Oksana® to partner with local organizations to lead networking events, build her private lessons in music, languages and tutoring, and grow her establishment of after-school enrichment programs in the region. She increased her roster of instructors and further developed her relationships with schools and school districts to offer arts and scholastic lessons on site. Her first school collaboration, secured before her move, was in fact with the City of Beverly Hills, by providing her after school enrichment programs to all their elementary schools there.

By 2019, her refined business entities under OMG, Inc., Oksana® Enrichment Programs and After-School Enrichment Programs, encompassed dozens of instructors, hundreds of students, and relationships with 12 schools in Southern California. Maintaining her focus on quality and integrity, she chose to personally select her instructors.

A second-generation educator, Oksana® sought to bring a range of programs to meet rising student and school needs. Her Oksana® Enrichment Programs offers private, one-on-one lessons in the areas of music, foreign languages, and academic tutoring in all subjects, K through 12, with potential for additional subjects. After-School Enrichment Programs encompass lessons for music instruments, voice/choir, art, acting/drama, martial arts and foreign languages, as well as tutoring and test preparation. Working for a year with a franchise specialist, Oksana® launched an official franchise opportunity for her scholastic and arts youth education platform in October of 2019. This step has enabled expansion of her scalable, innovative programs both nationally and internationally. In addition to Oksana's corporate endeavors, she founded in 2020 Oksana® Foundation, a 501c(3) nonprofit organization whose goal is to provide extracurricular education to underprivileged families.

Oksana® Kolesnikova

### Oksana® School of Music Oksana® Management Group, Inc.

In early 2020, Oksana® was presented with an Award of Excellence in Education at a pre-Grammy Awards party at the Los Angeles Chargers penthouse headquarters, where she also performed some of her original compositions.

Oksana® has recorded eight CDs of original, classical and popular music and her own instructional video for students of piano. Her "Free Floating" CD won the 2010 Best Classical Album of the Year on SoloPiano.com. Oksana® has collaborated with other international musical artists for recordings, and her original compositions have been chosen by international artists to record on their own CDs. Her CD, "Best of Two Worlds," evolved from a collaboration with notable fine artist Jim Warren. "Oksanabella," her YouTube channel featuring her performances, has nearly 3 million upload views from all over the world.

As a woman entrepreneur here in America, my goal is to inspire other women to believe in themselves in their missions, to pursue their purposes in life in spite of any barriers or adversities they may encounter along their paths. Being a foreigner, and coming from a mentality where gender determines the ability to succeed in business, makes me ever so appreciative as to what this wonderful country offers in terms of opportunities and equal rights, where I, as a business woman have a fertile ground on which to build an empire in spite of being a minority – a female immigrant.

I can always be counted on for personal mentorship to those businesswomen who may need my assistance and guidance as it relates to the development of their business careers and personal motivation. ~ Oksana



www.oksanaenrichment.com and www.oksanafoundation.org





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### M. Wiviana Oropeza, MBA, Esq.



M. Viviana Oropeza was born in San Diego in 1984 to Mexican immigrants and was raised on both sides of the border from California to Teocaltiche, Jalisco, MX, her Dad's birthplace and home. Her father was a first-generation immigrant who worked various jobs as a gardener, a laborer, a mechanic, and a bread maker, among many others to support a family of 8. Her mother was a stay at home mom who managed the busy home.

Viviana lived with her parents until the age of 16 when she left her home in Teocaltiche Jalisco, MX in pursuit of continuing her education in the United States seeking the American Dream. Viviana attended High School in Redlands, CA, worked hard to get into college and was subsequently given the opportunity to study at CSU San Bernardino where she earned a bachelor degree in Political Science, the first in her family to earn a college a degree.

Continuing on to earn an MBA in Finance, a Juris Doctorate, and become a licensed lawyer, Viviana had her first child while she was working on her MBA, and her second child while in her second year of law school, something she claims helped her prove the outdated notion that seeking one's dreams and building a family were not mutually exclusive.

Viviana's path to becoming a lawyer was rocky, it was almost a decade of taking the LSATs (Law School Admissions Test) and failing to get into law school multiple times before it happened. Getting into law school is difficult, especially for Latinas. Only 2% of the all lawyers are female and Latina, even though approximately 18% of the population is Latinx in the U.S.

When Viviana finally got into law school her experience was not traditional. She had a husband and a 4-year old daughter when she started. A major balancing act had to be done to survive her first year. Further, she became pregnant with her son in her second year of law school and doctors put her on bed-rest but she didn't give up. She took the medical leave recommended and started back up as soon as her doctors gave her the ok. She went on to finish law school, take the California Bar Exam, pass it on her first try, and launch her own law practice as soon as she was sworn in as a licensed attorney in the State of California.

### M. Wiviana Propeza, MBA, Esq.

Viviana launched her firm Oropeza Law, PC with the assistance of the "Access to Law Initiative" the California Western School of Law's law firm incubator program. Her firm shortly evolved into what today is "Attorney in Heels" ™ her femalecentered Business and Estate Planning Law Firm.

The legal emphases of her law firm, Viviana claims are her calling: "These two practice areas were natural for me to enter into right out of law school because I have a business background (my MBA), and had worked as an investment advisor. In my prior career I had been exposed to working with business owners, and families helping them set up wealth planning, business buy-sells, and family estate plans, all I was doing now was working on the legal side instead of the financial side, which I know also gives me more insight when I'm planning for and counseling my clients."



Further Viviana explains why her law firm is important to her and her clients: "Attorney in Heels™ is dear to my heart because my practice is reflective of who I am and who I serve. I serve my clients "in my heels" which means more when you read between the lines. It means it's a practice focused on women who were previously overlooked and underestimated in business, and that I will guide and lead them while empowering them with the right information, guidance, and tools to go out and crush it in their respective industries.

Although Attorney in Heels does have male clients, the ultimate focus is helping female entrepreneurs, and their families feel comfortable making important decisions about their family and business future. Where the traditional law firms are often intimidating and rough around the edges, which often lead women not to inquire, ask questions, or learn more about important legal decisions they need to make to protect their families and businesses; Attorney in Heels™ aims to make these decisions easier to navigate so that important legal steps don't go ignored and become too costly to families and businesses.

### M. Wiviana Propeza, MBA, Esq.

My recommendation for young women who are starting out, in any field, is not to give up (ever), visualize where you want to go and play it in your head over and over and let it fuel you. Then plan and takes necessary steps to get you there. It's ok if it takes longer than expected. Also, seek mentorship; especially in law that could make all the difference. Getting guidance, tips and tricks of the trade can prevent some of the hassles and struggles."

Attorney in Heels™ is based in San Diego, CA but also serves other Southern California regions such as the Inland Empire. Viviana is also highly involved in her community as she serves on the Boards of the San Diego County Hispanic Chamber of Commerce, the National Latina Business Women's Association of San Diego, and sits on the Committee on Diversity and Inclusion for the San Diego County Bar Association. Viviana also goes out to speak to her communities about the importance of business, and estate planning and provides mentorship to at risk youth through the Dream Bigger Foundation.





#### M. Viviana Oropeza, MBA, Esq.



As Founder and Managing attorney of Oropeza Law, PC, Viviana's practice focuses on helping businesses and families with Business Counsel and Estate Planning. Viviana is not only a legal expert, she also has extensive knowledge in other important areas of business and estate planning, including finance, investments, and insurance, which gives her greater insight into her clients' needs from all angles.

In Business Counsel, Viviana provides legal advice with respect to business startup formation and restructuring; product development and marketing; employment and labor issues; finance; purchasing; manufacturing; distribution and sales; intellectual property and licensing; real estate leasing, purchases, and sales; corporate governance; and risk management.

Viviana's Estate Planning practice is aimed at guiding her clients, through the often-confusing maze of financial and legal decisions, to help create estate plans that ensure the well-being of families. Business Counsel Services create and guide businesses on a path of continued success through structuring, contract and risk management services, trademark, ongoing counsel and concise exit planning.

Viviana obtained her MBA in Finance from University of Redlands and her Law Degree from California Western School of Law, San Diego.

#### BUSINESS COUNSEL SERVICES

- Business Formations and Restructuring (Corporations, LLC's, LLP's and other Partnerships)
- Contract Management, Drafting, Review, and Analysis; related to purchasing, manufacturing, distribution, marketing, intellectual property, and licensing.
- Ongoing Business General Counsel Services
- Risk Management Services
- Trademark Counsel, Filing, and Prosecution
- Business Litigation

#### ESTATE PLANNING SERVICES

- · Customized Plans for Families
- Wills, Codicils
- Revocable and Irrevocable Trusts
- Advanced Health Care Directives
- Power of Attorneys
- Business Estate Planning (Buy-Sell Agreements)

#### **CONTACT US**

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Insights from a Muma

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

SUPER

Hello!

I'm Zenda, and I love being a mother. I have a beautiful 8-year-old, who is the light of my life. My daughter is the reason why I decided to take hold of my dream of being a writer. I enjoy copywriting and ghostwriting for many different topics, but I enjoy parenting and the many ways to parent. I am the only parent for my daughter and the single-family that she knows. Sadly, I don't have any family around; however, that doesn't get us down. I had always wanted to raise my child the way I grew up. Holistic parenting is my preferred method, and I love that I can share my experiences with you.

Zenda Mayer Z&z Freelance (941) 539-3856 zandzfreelance@yahoo.com





## Ignorance: The Most Ferocious Enemy Justice Can Have By Zenda Mayer

### In the age of social media, emotional processing is overwhelming. Especially with a severe issue.

The state of our nation has me so upset, sad, and traumatized. It astounds me that it took over 30 years for the real side of people to surface.

I know that the oppression of being a minority is something that spans the ages. What makes this time so bad is that social media puts everything in our faces immediately. Our brains aren't able to process the mass amounts of information as quickly as we scroll on our phones. The mind can process at 50 bits per second, even though our body sends 11 million bits per second. Social media comes in just as fast, if not faster, and our brain is becoming overloaded.

Starting in elementary, I began dealing with racism. My mother is white, my birth father is black, and I have a step-father and half-brother who are white. Yes, I grew up in a white household, but it wasn't easy. Growing up in a white house being dark, and because I live in Florida you can't get away from getting some color, it was hard. I remember several times people would point and whisper in my direction.

### Insights from a Momma

by Zenda Mayer



My mom would get angry and shoot looks to these people, and then I would feel bad for them. My mom's looks could take down an armada! Then my mom would turn to me and begin her speech of how beautiful I am, how smart I am, and all that.

I remember I was 13-years-old, and I got angry with my mom. It was the first time I raised my voice towards her, but I demanded to know why people kept staring and pointing. My mom was shocked that I demanded anything from her, but she also knew we couldn't ignore the issue.

I know this may sound ignorant, but keep in mind my mom is white, and this was in the 1980s when I had this conversation with my mother. My mother's parenting was simple: raise them as equals. It didn't matter that I was older, he was a boy, or I was a different color; we had the same rearing. My step-father took us to his hometown of Sparta, North Carolina to visit his family whenever we were able to have family vacations. I always stuck out like a sore thumb, with my color and my afro. My poor mom felt so horrible because she never knew what to do with my hair, lol! I remember if we visited in the fall, my step-father's dad would hunt for our turkey. One year I asked if I could go because I wanted to see them in their habitat, and I was curious about the process. I referred to "J" as my grandfather because he treated me as he did with all of his grandchildren.





If you take a look at history, what is happening in our country currently is not a surprise. Or it shouldn't be to anyone! Ever since our ancestors were forced on boats and brought to America, we have been dealing with racism. As time drew on, other minorities, such as Latins, have dealt with similar racism. I wanted to learn more about how our nation has dealt with being pushed down and forced to "deal" with being inferior. No one should ever feel this way; however, this feeling has always been prevalent, especially now.

### If you take a look at history, you will see how this has gone on long enough and change needs to happen.

Beginning with The Boston Tea Party that took place on December 16, 1773. I mention this because it is a very early example of ensued violence in response people being tired of not being heard. The American Colonists fought back against the British East India Company and Great Britain regarding taxation without representation. This moment in history marks the first act of defiance. These examples show the importance of the need for voices to be heard and if not there would be consequences.

To bring it back around to conflicts arising due to race, let's take a look at the Watts Riots that began on August 11, 1965. The riot lasted six long days and nights and resulted in catastrophic loss. There were 34 reported deaths, thousands of injuries and over 4,000 arrests. The Watts Riots cost the community up to \$40 million in damages and loss. I remember several of my teachers over the years talk about what it was like to have lived during that time. One of my teachers lost a family member to that riot.

The look of hurt and pain in my teacher's eyes is still so very fresh in my mind even 30 years later.

An earlier race riot to reflect on is the 1943 Zoot Suit Riots. I remember this one particularly because I loved the look of the suits of the time, but it wasn't the fashion that caused a riot. It was race. The riots began on June 3, 1943, after a group of sailors stated that they had been attacked by a group of Mexican American zootsuiters. As a result, on June 4 a number of uniformed sailors chartered cabs and proceeded to the Mexican American communities, seeking out the zoot-suiters.

Mobs of servicemen, off-duty officers, and civilians attacked Latinos and other minorities in Los Angeles, many people were killed, arrested and many women were raped. We need to recognize the trageties that have destroyed or taken lives due to racial conflicts that lead to hatred and ultimately to violence and death.

One of the most destructive and violent riot in our nation's history, the Detroit riots of 1967.

The 1967 Detroit Riot, also known as the 12th Street Riot, was the bloodiest incident in the "Long, hot summer of 1967". Composed mainly of confrontations between black residents and the Detroit Police Department, it began in the early morning hours of Sunday July 23, 1967, in Detroit, Michigan. During this riot accusations of racial profiling and violence towards the black community of Virginia Park ensued. The military was called in to try and bring about order, which happened after five excruciating days.

# Insights from a Momma by Zenda Mayer

Racism is not something that has recently surfaced.

Racism is a long-standing issue that Black, Latin and minority communities (particularly those of color) have experienced that has attempted to push down and suppress voices expressing their hurt.

What makes this so much harder for me is that I have a daughter who I am so scared to leave behind when it is my time to pass. I have sadly become so grateful that I thank God every night for my daughter's lighter skin color, that she can pass as white. I shouldn't feel this way, but I do because it is our reality. In time, she will darken up because she loves the sun as much as I do. I am not looking forward to the day of explaining to my daughter that she is beautiful, and that some people will treat her less than because of her skin color. I am sick to my stomach that I will need to teach her how to do a proper traffic stop so that I will see her come home, not due to driving safety but because she has darker skin. I will have to express to her that she must make the officer who stopped her feel safe when the officer is suppose to be the one making her feel safe. Do you know how degrading this is?

My hope for you reading this is that you will take in a bit of history, listen to my story, and open up your hearts to listen to another's account. It's okay if you have no words to say to anyone who is dealing with this. But listening to us, learning more about how racism affects lives, and trying to help with the solution is all we can hope for. Be the beacon of hope, light, and love to your community, friends, and family. This is my hope.



Sonia Hassey is President and Founder of Women Inspired Network Inc. and Destiny Women Global Leadership, a women's transformational leadership program empowering women to become heart-driven leaders.

Sonia's vision is to see greatness in all women, even when they can't see it for themselves, to reveal their greatness and to empower them to realize their greatness!

Among Sonia's key programs is VIP Coaching, Accelerate Group Coaching Program, Millionaire Mindset Coaching/ Mentoring Program, Leadership and Team Building Coaching Program.

**Professionalism and Experience** 

Sonia is a Certified Life Purpose Coach from Dream University, a Dale Carnegie graduate.

International Best Selling Author of the book, Butt Naked Leadership, Best Selling Author/Compiler of Destiny Talks, and Co-author of Catch Your Star.

Sonia is an exciting speaker whose motivating messages, full of enthusiasm and heart, has been inspiring audiences for years.

#### **Taking the Steps**

Sonia's programs have been attributed to driving significant transformation at the personal and organizational level, measurable by exponential increases in confidence, clarity of direction, clarity of goals, clarity of purpose, goal attainment, and the increase of revenue.

#### www.DestinyWomenGlobal.co



My defining moment and the beginning of discovering my identity was me finally paying attention to the missing piece in my life, what my purpose was in this crazy world and how I fit into it. I soon realized that going through the motions and living a routine life until I die was not the ideal life that I wanted to live. I knew that I was created for so much more. Once I realized this awareness for myself, I began to really start digging deeper and figure out why I felt empty inside. I began to ask myself questions about why I felt this way, and more questions snowballed from there, just by asking deeper questions. Wow! To my amazement! For the first time ever, I realized how much my life needed to make sense to

My courageous moment was asking for help which then led to me leave the country for two weeks to be mentored and coached. When I returned, I was never the same, I began to heal the broken pieces in my life and my new began, that is discovered my real purpose in life. I realized my life was worth living unapologetically and to the fullest! I also began to invest in my selfdevelopment by working with experts and reading countless of books. I had the courage to start a women's "Women organization, Inspired Network Inc." And from there I created many programs for women programs focused on leadership. Being in my truth about who I am and where I wanted to go was the beginning of my transformation.

Our pain in life eventually becomes our steppingstones to strength, character, and fulfillment when we overcome what holds us back.

My biggest "Why" is to see women transformed through renewed confidence in their ability to discover their purpose, believe in themselves and create the destiny they deserve.

In 2018 I had a dream of publishing two books on leadership and transformation, I had no experience in publishing books, I only had the belief and determination that I could, and it was fulfilled in March of 2019.



DWG Transformational Leadership supports you to raise the bar in your leadership and business and personal life as well bringing out your authenticity and uniqueness, so you can lead with courage and bring significance to your life and community.

My key programs are the Destiny Women Global Leadership Program, VIP Coaching, Accelerate Coaching Program, Millionaire Mindset mastermind group, and Team Coaching Program. And my newest program is the 5 Powershifts for Changemakers. I specialize in driving significant transformation at the personal and organizational level, measurable by exponential increases in confidence, clarity of direction, clarity of goals, clarity of purpose, goal achievement, and the increase of revenue.

#### www.DestinyWomenGlobal.com



Once you step into your leadership, all kinds of beautiful ventures and movements are possible. DWG is about believing in the impossible. Anything that thwarts passion and purpose gets stopped in its tracks. How often have you thought of that dream that burns in your heart? You may try and squash it but the flame returns. On the other side of that flame is DESTINY and that is why we are Destiny Women.

Trust me, I have, persevered through some major obstacles, and now have become relentless on my mission to helping women believe that they can too!

I know what it is like to feel like have everything is against you, lacking resources, creativity, passion, and a community of likeminded women. But, not anymore, Destiny Women Global, has become a safe culture to allow you to be true to yourself, to grow at your own pace, and to get all the support and accountability needed to become the women you were created to become without apology.

IS THIS FOR YOU? REGARDLESS OF WHERE YOU'RE CALLED IN SOCIETY THERE IS A PLACE WHERE YOU CAN INFLUENCE.

Right now, is the time to show up in the world and own your greatness!



gemma Campbell

Kyemma is an Author, who flows from the eye of her soul. Her latest project is Scripts Among Her Glass Walls, which can be found on all platforms where books and ebooks are sold. Her work is about flowing from the eye of your soul. The eye is your heart and is one with soul, for every man's journey in this realm; begins and ends within the eye's calling.

She spends her time listening to her soul and learning from others, so that she may be a pillar of light for those who need it. Her travels are between the states, Europe and the Middle East. In all that she does, she wants the world to know: you are not alone.

For more information about Kyemma contact Magistra Magazine

# EYE OF A WOMAN'S SOUL Kyemma Vivian Campbell

I would like to think the eye of a woman's soul is marked by the hand of every battle she faces. She is the eye of the storm. More often than not, the heart; for the eye is the heart. As an Author and Woman, I have been faced with meeting the call of my heart versus honoring those outside of me. As a woman l know that I cannot take care of any other form of life unless I take care of myself. When I take care of myself, I tend to flow from the call of my soul. The eye is a form of Eastern Philosophy, which denotes the heart as explained prior. The eye transforms and transcends lives in the mark of humanity. Women are the backbone of those who go to war on the frontline. We face battles that no one knows about behind closed doors. We are the light when there is dark in this realm. We birth life even when there is no way to turn, and we are always viewing and observing what's in alignment with the eye's calling. Now, I say the eye is the heart because when a human being follows their heart, then they become aligned with their soul. There's also something I heard long time ago, the eyes are the portal to the soul. I truly believe that. I believe that any time we are in alignment with who and what we are, we are flowing from soul.

Though there are also times when we are not in alignment with who and what we are, our worlds seem to go awry. It's not always like this, but things happen for a time; to teach us, comfort us, evolve us and beckon the light and dark forces of our being. We may not be aware at the time or question all that is life, but we may come to find that life is always happening for us. We are the source, and the source is life, because we don't just have a life; we are life. We are all molecular structures of the light and dark, but the light and dark is simply the energies we feed that thrive or dissipate within us. Meanina, whatever we feed is what we shall become. We always have that power, which lives within us, but we have to be open to the energy. We don't suppress it, though we learn from it because it is an emotion and our emotions are sent to teach us things. Emotions are the energy (internally and externally) that we feed. Emotions arrive when we are happy or sad. They teach us what we must be cognizant of upon arrival. If we negate the emotion then we are allowing that emotion to linger, which doesn't serve a purpose in our lives. If we look at life for what it is then we will learn what to do on our

# EYE OF A WOMAN'S SOUL Kyemma Vivian Campbell

paths. The emotions are the servant to the eye, which is the heart and it serves us as a guide during every stage of life. We must come to a point where we ask ourselves; what is this emotion teaching me? This becomes a greater method than pushing the energy behind the emotion away. The energy will always there because we subconsciously serving it rather than channeling it, learning from it and comprehending it. Once we are open to any emotion and cycle, the cycle becomes open to us. It just takes balance and coming to terms with who and what we are. As a human and woman, when we are more attuned to the energy which encompasses our vessels, we'll be better able to assist those outside of us. All of the answers to livelihood and life start within us. We are the answers we seek, but we just have to believe we are. We can be liable for the energies we are susceptible to however, everything comes forth as a lesson or a test to decipher whether we want to receive or decline what comes our way. This is life. Life is frequency. Frequency are the wavelengths comprised of energies we beseech. We align with what's right for us, for a time. This is who we are.

When we are closed off then we are not willing to learn or anything outside of us, dependent upon the energy we are tapping into; energy we are retracting Everything starts with one thought and the thought can transcend time. Within the eye of our souls, we are able to recognize what is for us versus what depletes our energy. When we listen to our hearts, we know. The heart is in alignment with soul and sometimes, the mind clouds the soul. When our mind is in alignment with our soul, this is when women are most powerful. The eye calls on what's for it just like the soul does. Everything that comes to us beckons the call of our name, even if we don't understand it at the time. It comes because we are life, and life is energy in motion; designed to feed our souls. As we open our eyes to what's in front of us, we are able to align with the divine truth that we are. We are woman and we are eye; the eye of the world cusped within the eye of our souls. May every eye align for the soul it wishes to teach and I tend to believe; the journey is just that, not knowing but just becoming. become, the eye of our souls; WOMEN. 43

#### Scripts Among Her Glass Walls by Kyemma is now available on ALL Platforms Worldwide!

Scripts Among Her Glass Walls, by author Kyemma V. Campbell, helps people evolve and delve into their souls to find what truly makes them alive.

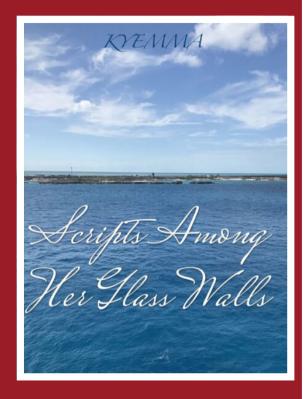
She strives to ensure people are motivated by what they love and lead from the heart because that's the beginning and ending of life. Scripts Among Her Glass Walls is a compilation of odes and an introduction to parables, which invoke truth while honoring the eye of soul. The eye is your heart and any man, who walks in alignment with the eye of his soul knows peace.

What you feed consumes your soul.

There are people who love you; you have to be willing to give them a chance.

When a person doesn't feel loved; it's rare that you'll find them walking within the call of your eye....

Everything begins and ends with love.



#### "Honor Your Soul"

#### "Flow from the Eye"

Kyemma's odes and parables flow within the eye of your soul, helping you to view the many facets and dimensions of life, through the eastern eye of the human soul.

For, we are the vessels who carry the souls, which speak. The soul speaks through the eye and the eye's the heart. The heart is meant to transcend the minds of men in the light and dark realms we encompass. We are nothing, but we become who and what we are by aligning our mind with the eye of our soul. For, the journey starts within you; you just have to realize how powerful you are.

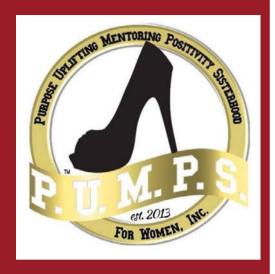
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#### P.U.M.P.S. IS AN INTERNATIONAL SOCIETY DEDICATED TO EMPOWERING WOMEN TO BECOME POSITIVE EXAMPLES OF POWER

WE AIM TO ASSIST DISADVANTAGED WOMEN IN LIVING GREATER, PURPOSEFUL LIVES AND STRIVE TO BE EFFECTIVE CHANGE AGENTS IN OUR COMMUNITIES. WE WELCOME WOMEN WHO ARE LOOKING TO CHANGE LIVES AND ARE PASSIONATE ABOUT UNITY.AS A SISTERHOOD, WE CREATE A MEANS FOR WOMEN TO ENGAGE IN PHILANTHROPIC SERVICE AND CIVIC LEADERSHIP. WE THRIVE BY CONDUCTING AND SUPPORTING EDUCATIONAL OR CHARITABLE PROGRAMS/ACTIVITIES THAT IMPROVE LIVING CONDITIONS, ENCOURAGE FAMILY ENRICHMENT AND PROVIDE OPPORTUNITIES FOR ECONOMIC SUSTAINABILITY AS WELL AS PERSONAL GROWTH.



#### WWW.PUMPSFORWOMEN.ORG

Chicas Latinas de Sacramento is a 501(c)3 nonprofit organization that promotes not just connecting with each other, but also improving, connecting and embracing our culture and community.

Our mission is to make a positive impact in both the Latin and Sacramento community by improving, connecting and embracing our culture and the community in which we call our home. (By... giving back to our community, utilizing our people and our culture to educate, inspire, and lead.)

Our annual efforts include:

- "Starting Off on the Right Foot" Shoe Drive: Fundraisers and Distribution
- College Scholarship: Fundraisers and Awards

#### Regular activities include:

- Social/Cultural Events
- Volunteer Events at Sac Crisis Nursery
- #TeamChicas Running Group (and Run To Feed the Hungry!)



Chicas Latinas es un grupo de mujeres latinas para ampliar su círculo de amigos. Chicas Latina de Sacramento es cálida, amable, apasionado y talentoso! Este grupo promueve la conexión de unos con otros y mejorando, y que abarca la conexión de nuestra cultura y comunidad.

Para más información, únase a nosotros! https://chicaslatinasdesacramento.org

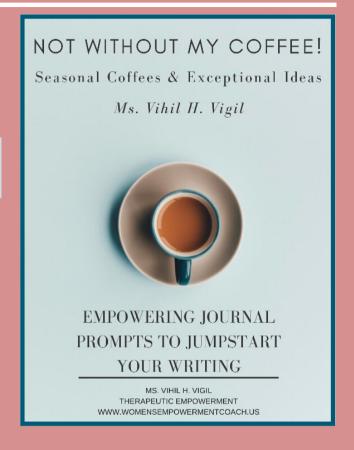
#### Therapeutic Empowerment Reading

Learn from Women's Empowerment Coach | Editor in Chief of Magistra | Magazine | Founder of the International Women in Business Mastermind & Podcast Ms. Vihil H. Vigil, MBA, PMP, CHHC

#### Order Today! Not Without My Coffee!

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This 50 page journal prompts for action guides you through personal empowerment exercises, reflections, goal setting and action planning to to improve your life!





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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!

#### How can you increase your success as a Business Owner?

Learn from Women's Empowerment Coach | Editor in Chief of Magistra Magazine | Founder of the International Women in Business Mastermind & Podcast Ms. Vihil H. Vigil, MBA, PMP, CHHC

If you are just starting out in your business, if you have started your business and feel overwhelmed with everything you now need to do or if you have been running your business and need to take some time to refresh your strategy then this is for you. When I created Therapeutic Empowerment I began seeing that not only do so many women need business coaching they also need emotional support of a woman who has experienced what they are going through and can teach her successful strategies and tools to come out on the other side with great success!

In response to the requests to work with me as your Women's Empowerment Coach I have created a free 5-Day Program to get to experience first hand what it is like to work with me, to kickstart your journey and come out even better than you are today at the end of it!

The EmpowerU! Boot Camp for Success in an online opportunity to learn from me over the course of 5 days, you receive 5 extensive workbooks for each day and a confidence boosting video associated with each day's topic to guide you through the daily workbooks. The content is recorded so you can watch the videos and complete the workbooks at your own

Women have found great success in my courses and this is your opportunity to do so too! For the month of July I am offering this free Boot Camp for Success to get you started in your journey to improve yourself, your life and your business by getting it all together!

So sign up before July 31st and get started before the program returns to my paid programs and to its price of \$379!

Go to www.WomensEmpowermentCoach.us for all of the details!

I can't wait to show you The EmpowerU Boot Camp for Success! - Vihil





Women's
Empowerment Coach
Editor in Chief
Magistra Magazine
Founder
International Women
in Business
Mastermind & Podcast
U.S. Navy Veteran
Ms. Vihil H. Vigil,
MBA, PMP, CHHC

Through my organization Therapeutic Empowerment I challenge the mindset of very busy professional family focused women and women business owners like YOU by being your personal empowerment coach!

My specialty is working with complex go getter women who want more from life but aren't sure how to make it happen! See for yourself! https://womensempowermentcoach.us

Lleft 20 years in Corporate Business Development & Project Management to follow my true path in life and

I left 20 years in Corporate Business Development & Project Management to follow my true path in life and I LOVE connecting with women who want the same for themselves as a client or a colleague!

My book for empowering the self through action journaling called "Not Without My Coffee!" is another way to create a better life in 6 weeks! Take a look: https://womensempowermentcoach.us/empowerment-reading

As Founder and CEO of Magistra International I host 4 in person Women of Diversity Business Brunches! I took the educational business brunch concept and developed a monthly online version to which now I am Host & Producer of The International Women in Business Monthly Mastermind & Podcast!

Magistra Magazine, a pride & joy of Magistra International, launched it's inaugural issue in Spring 2020 to Empower Women by Encouraging Expression. The mission of Magistra Magazine is to feature women leaders who are business owners and entrepreneurs to tell their stories to the rise of their accomplishments from the roots to where they began. Each issue features women leaders from the United States and around the world, Women business owners have the exclusive honor to advertise within a 100% woman owned & operated magazine and to find other women owned events and businesses within our resource section.







#### The Empowered Woman by Therapeutic Empowerment

The Empowered Woman by Therapeutic Empowerment is a group for Action Taking Women who love regular tips, strategies and challenges to improve their mental health & professional productivity by changing their lives!

Free Group Just For You!

www.facebook.com/groups/TheEmpoweredWomanbyTherapeuticEmpowerment

My coffee is as strong as my drive to succeed and my ability to bring you along with me!

JOIN EMPOWERU!
WWW.WOMENSEMPOWERMENTCOACH.US



www.facebook.com/TherapeuticEmpowerment

A place for Latinx Women who are a BOSS in their lives, businesses & all around existence!

We support each other, tell stories, ask advice & support each others businesses!

Join the group!



BECAUSE WE ARE BAD A\$\$
LATINAS AND WE KNOW HOW
TO SUPPORT EACH OTHER

www.facebook.com/groups/JefasUnidas

## Resource Recap

#### Featured Leaders

Sherena Edinboro www.ichoosemehealth.org

Sonia Hassey www.DestinyWomenGlobal.com

Oksana Kolesnikova Oksana® School of Music Oksana® Management Group, Inc. www.OksanaEnrishment.com

M. Viviana Oropeza, MBA, Esq. Attorney in Heels www.AttorneyinHeels.com

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Diana Miller www.DianaMiller.com

#### Non-Profit Organizations

Chicas Latinas de Sacramento https://chicaslatinasdesacramento.org

Girl Scouts www.GirlScouts.org

Magistra Magazine Young Woman Entrepreneur Education Foundation www.Magistra.us

P.U.M.P.S. www.PumpsForWomen.org

Women's Empowerment https://womens-empowerment.org 1 in 3 Latin@s are survivors of domestic violence. 1 en 3 Latin@s son sobrevivientes de violencia doméstica.



You are not alone.

For more information about support and resources, please call us at-

Latina SafeHouse Office: 303-433-4470 24/7 Crisis Line (Your Community): 720-336-1664. Ústed no esta sol@.
Para obtener más información sobre apoyo y
recursos. llámenos al-

Oficina de Latina SafeHouse: 303-433-4470 24/7 Linea de Crisis (Tú Comunidad): 720-336-1664.







PO BOX 11174 Denver, CO 80211 | www.latinasafehouse.org | info@latinasafehouse.org



CALL FOR Fierce Feministas!

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THIS IS A CALL FOR FIERCE
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TELL THEIR STORY IN A
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#### **BOOK LOVERS UNITE!**

introducing

# The Magistra Book Club

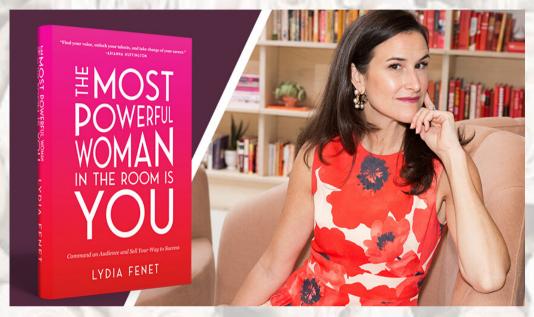


Join us and follow along on Instagram @MagistraMagazine as we experience a new title each month.

Books Finds Author Conversations & Editor Reviews

# The Magistra Book Club in July

The Most Powerful Woman in the Room Is You: Command an Audience and Sell Your Way to Success by Lydia Fenet



The Senior Vice President of Christie's and seasoned actioneer Lglia Fenet, ith her fagrsharp honor and her dontme ssitchme gavel strik" (Mariska Hargitaly shares the secrets of soccess and the strategies behind her revolutionary sales approach to show you how to embace and channel you ow power inanyoom.

Who is the most powrfu waman in the room? She's the one two can raise a million dollars in a minte. She's the one two can command the attention of a crody of any size from one person to a crody of fixe thosand. She's the one two can sell anything to anyone. And she can be you as a senior exective at Christies, a leader in her field, and one of Gotham magaines. Most Inflential Women in New York Lylia Fenet ko sw firsthand that the one skll that can set women apart in bth their personal life and career is the abity to sell. The Most Powrfu Woman in the Room Is You eight size in the extyning you need to kofwom how to sell athentically and how to network (or die) to the importance of new apologizing (tart negotiating instead) how to perfect you poker face, and alway, alway, tell the truth. Most of all, she offers plenty of encoragement to take owership in you position and look or opportaities to innovate.

Filled in additional case stdies, thoghtfu insights, and meaningfu adice from some of the most powrfu and successfu when in biness, fashion, punalism, sports, and the arts, The Most Powrfu Woman in the Room Is You is an insightfu inspiring gide for when wo are tring to claim their ow seat at the take" (New York buth all of Book) You can follow her autions, antics, and anecdotes on Instagram: WaliaFenet #worpowr

This issue of Magistra Magazine is dedicated to my loving grandmother and to all of the grandmothers who recently earned their wings.

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

ONE OF THE GREATEST LADIES I'VE EVER HAD

THE PRIVILEDGE TO LOVE

Mary Victoria (Vigil) Cogburn



# Words of Advice & Encouragement Insights from amazing women to keep you inspired!

"Life shrinks or expands in proportion to one's courage." – Anais Nin

"If you look at what you have in life, you'll always have more. If you look at what you don't have in life, you'll never have enough." – Oprah Winfrey

"Doubt is a killer. You just have to know who you are and what you stand for." – Jennifer Lopez

"We need women at all levels, including the top, to change the dynamic, reshape the conversation, to make sure women's voices are heard and heeded, not overlooked and ignored." – Sheryl Sandberg

"It's possible to climb to the top without stomping on other people." - Taylor Swift

"I love to see a young girl go out and grab the world by the lapels. Life's a b\*tch. You've got to go out and kick ass."— Maya Angelou

"Don't compromise yourself. You are all you've got. There is no yesterday, no tomorrow, it's all the same day." –Janis Joplin









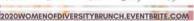












# Magistra































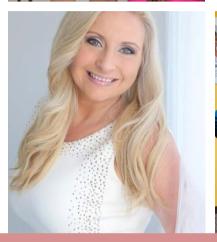
































JULY.2020

7/12 Women of Diversity Business Brunch | Sacramento

**IWB** Mastermind

A U G U S T . 2 0 2 0

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S E P T E M B E R . 2 0 2 0

IWB Mastermind

OCTOBER.2020

8/11 Women of Diversity Business Brunch | Sacramento IWB Mastermind

NOVEMBER.2020
IWB Mastermind

DECEMBER.2020 IWB Mastermind JANUARY. 2021

1/17 Women of Diversity Business Brunch | Sacramento

**IWB** Mastermind

F E B R U A R Y . 2 0 2 1

IWB Mastermind

MARCH.2021

3/14 Women of Diversity Business Brunch | Sacramento

**IWB** Mastermind

APRIL.2021

4/8 San Diego Women of Diversity Business Power Luncheon

MAY.2021

IWB Mastermind

J U N E . 2 0 2 1

IWB Mastermind

JULY.2021

7/18 Women of Diversity Business Brunch | Sacramento

\*(IWB) = The International Women in Business Mastermind is a 2 hour online conversation with Women Leaders across Industries where they share strategies for success!

Visit www.Magistra.us & www.facebook.com/magistramagazine for exact dates!

WWW.MAGISTRA.US



Honoring Women to Inspire Women

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PIOISIIITIIIVIE CIHIAINIGIEI!

#### W1W1W1.1M1A1G1I1S1T1R1A1.1U1S

Magistra: Latin Origin \ (Classical) /maˈgis.tra/,\ Noun \ magistra f (genitive magistrae); aCfemale teacher