

PRESENTED BY
SOURAYA
CHRISTINE

20
24

W.O.M.E.N.
IN LEADERSHIP
Conference Tour
Houston

Our mission is to empower women to prioritize mental health & self-care to reduce burnout, stress, anxiety, depression, & more!

Thank you for being part of this movement!

TABLE OF CONTENTS



02	Table of contents
03	Meet the Host
04	About Us
05/06	Jacqueline / Wendy
07/08	Ebonie / Stephanie
09	Shannon
10/11	Meet the Team
12	Vendors & Sponsors
13	How You Can Help

MEET THE HOST



Souraya Christine

Author, Speaker, Podcaster, Host

Souraya Christine is a passionate advocate for mental health and self-care in the workplace. As the founder of Capernaum Coaching & Consulting, she is dedicated to helping business leaders prioritize the well-being of their employees through diverse strategies that result in increased productivity, reduced burnout, and higher retention rates.

Her journey has been marked by personal struggles with depression, anxiety, and rejection following traumatic experiences. However, rather than let these challenges define her, she chose to channel her pain into purpose, using her story as a catalyst for change. With over 29 years of experience in healthcare, and a Master's degree in Management & Leadership, she has learned firsthand the critical importance of empathy, leadership, and customer service skills.



Souraya's first book, "When is Strong, Strong Enough?", propelled her into speaking engagements and conferences centered on mental health. She later decided to get certified as a life coach and wrote more books. She continues to challenge corporate norms by encouraging healthier and happier workplaces for all. In addition, she hosts a podcast, entitled, "Monday Morning with Souraya Christine", on YouTube and all streaming platforms.

In 2020, she obtained a 501c3 designation for the nonprofit she had been running for several years prior, L.I.L.A.C. Women's Ministry, in order to broaden her scope and reach while helping people heal from trauma. Her ministry, while Bible-based, is open to all women seeking refuge from trauma. The ultimate goal is to provide resources for women escaping abuse, therapy services, job and career services, and more!

ABOUT US

This tour was created as a platform for speakers across the country to share their experiences and messages of hope, mental health, and self-care in an effort to empower women to become better leaders through the prioritization of a healthy self above all else.

We are a collective of women who have banded together to visit as many areas as possible to speak with women who are leaders in their spaces. We want women to feel seen, heard, and empowered to live their best lives without the effects of poor mental health.

Women are often in the habit of “stuffing”. We stuff our stress and emotions so that we can compete in our workplaces and relationships, not realizing that, eventually, all that we have stuffed, will manifest in other ways. Oftentimes, these things manifest in mental breakdowns and physical ailments - even sudden death.

Ladies, no matter where you lead - at work, at school, at home - stress is involved. Our goal is to combat the practice of hiding and masking our stress by providing tools, tips, and tricks for properly handling it so that it doesn't cause a mental or physical explosion later.

WHY WE
ARE HERE



KEYNOTE SPEAKER &

JACQUELINE STEWART



About Her

Meet Jacqueline Stewart, a resilient military spouse of 13 years and a devoted mother to two beautiful children. Beyond her role within the military family dynamic, Jacqueline has emerged as a powerful motivational speaker with a heart for encouraging women from all walks of life.

Her inspiring messages resonate especially with those grappling with issues like depression, anxiety, fear, self-doubt, and hopelessness. In addition to her impactful speaking engagements, Jacqueline is a seasoned writer, boasting 15 years of experience in the craft. Her passion for storytelling extends beyond her own narratives, as she finds joy in coaching aspiring authors, playwrights, and scriptwriters. With a desire to help others share their unique stories with the world, Jacqueline's coaching serves as a guiding light for those navigating the creative journey.

Jacqueline's multi-faceted journey as a military spouse, mother, motivational speaker, and seasoned writer weaves a tapestry of resilience, compassion, and empowerment. Her dedication to lifting others through words and inspiration reflects not just a vocation, but a profound calling to make a positive impact on the lives of those she touches.

Keynote Topic

The Great Collapse

[HTTPS://LINKTR.EE/WRITERJNSTEWART](https://linktr.ee/writerjnstewart)

[HTTPS://YOUTU.BE/YCG3FHWDK?
SI=RLF4UZEUTOWUBMSC](https://youtu.be/YCG3FHWDK?si=RLF4UZEUTOWUBMSC)

WORKSHOP HOST

WENDY VAUGHAN



About Her

Wendy Vaughan is a multi-talented singer, songwriter, and saxophone player known for her captivating musical compositions. With a passion for music that dates back to her early years, Wendy began writing songs in her thirties, showcasing her innate talent and creative prowess. Born in Caracas, Venezuela to Cuban and Dominican parents, her family moved to New York City when Wendy was 4 years old. Later moving to Houston, Texas, Wendy's musical journey began at the age of 12, where she discovered her love for the saxophone and started honing her skills. She further pursued her passion by attending the prestigious High School of the Performing and Visual Arts in Houston, solidifying her musical foundation.

In addition to her musical pursuits, Wendy has been an accomplished entrepreneur from a young age, making significant strides in the construction and home improvement industry. Her expertise and dedication have allowed her to establish a thriving business based in Houston, Texas, with additional branches in Galveston, Corpus Christi, Dallas, and Florida.

Excitingly, Wendy has recently completed her latest album, Necessary Chaos, which promises to be a captivating and introspective collection of songs. As she embarks on this new musical endeavor, Wendy Vaughan remains a talented artist, blending genres and creating music and giving talks that resonate deeply with her audience.

Workshop Topic

Mental Freedom: How to Respond to Life's Challenges with Ease

WWW.WENDYVAUGHAN.COM
INFO@WENDYVAUGHANMUSIC.COM

KEYNOTE SPEAKER

EBONIE FREEMAN



About Her

Ebonie N. Freeman, Master of Social Work Candidate at Baylor University Diana R. Garland School of Social Work, holds a Bachelor of Applied Arts & Science in Public Affairs and Community Service from the University of North Texas. She is a certified QPR Trainer with certifications in Adult and Youth Mental Health First Aid, Peer-to-Peer Instructor, Ending the Silence Presenter, Mental Health Peer Presenter, and an In Our Own Voice presenter. As a speaker and mental health and suicide prevention advocate, she uses her lived experience and education to raise awareness about mental health and suicide within minoritized communities.

Keynote Topic

The Unveiling

PURPOSED11@GMAIL.COM

KEYNOTE SPEAKER

STEPHANIE GUNNER



About Her

Veteran turned mompreneur, Stephanie Gunner, is the founder of Squad Beauty Professionals. Stephanie birthed Squad from her passion to be emotionally, spiritually, and financially supported through carrying out her soul's work. Their mission is to help women who are struggling to balance their personal care needs amidst their professional lives. By sharing her own journey of self-awareness, self-expression, and self-acceptance, she aims to empower them with knowledge, giving them courage to make changes in their lives and beauty regimens to gain freedom from insecurities and anything holding them back. She is a self-care specialist as a licensed esthetician, permanent makeup artist, glam photographer, travel advisor and certified yoga instructor. Within each of these professions she encourages women to embrace the natural beauty inside, outside, and all around us.

Keynote Topic

Beauty is Healing

WWW.SQUADBEAUTYPROFESSIONALS.COM

INFO@SQUADBEAUTYPROFESSIONALS.COM

WORKSHOP HOST

SHANNON CARAWAY-WRIGHT

WWW.ALTRUISMWELLNESS.NET



About Her

Shannon Caraway-Wright is a LPC (licensed professional counselor) and has been in practice for 14+ years. Her service to others has been centered around assisting individuals discover their self-worth, increase their self-care, and develop a sense of empowerment through individual therapy and life coaching sessions.

She is the owner of Altruism & Wellness, LLC, an author, a self-care influencer, and motivational speaker, in addition to other influential roles she has been a part of. She currently resides in Middle Georgia with her husband and children.

Workshop Topic

Self-care: Priority or Luxury?

SUPPORT
OUR
TEAM

MEET THE TEAM



Souraya Christine

Founder, Visionary, Coach

Souraya is the founder & visionary of this conference tour. She is also a published author, podcast host, workshop leader, and coach. She is multitalented and wears many other hats. She has also been a community advocate for healing from trauma for many years. Her coaching practice and nonprofit assists people through healing from trauma.

www.sourayachristine.com



Massage Heights

Massage Therapists

At Massage Heights, it is our goal to elevate the lives of the people we touch by caring for the mind, body, and spirit.

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Our mission is to deliver an awesome personalized therapeutic experience for each guest, every time.

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Juan Gonzalez

Photographer

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SUPPORT
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MEET THE TEAM



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www.williesgrillandicehouse.com

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19770 Tomball Parkway
Houston, TX 77070



ToriYah

<https://www.facebook.com/latoriak>

Advocating the journey of deep healing and love in its purest form, music flows through Ifa Halima Bumi and manifests itself through shared moments and experiences of life.

<https://music.apple.com/us/album/ascension/1203949913>

MEET DJ DIVERSE

DJ and MC for Special Events

Scan Qr code to connect on Facebook

Mobile: (346) 456-8670
Email: 4uyes.jeff@gmail.com

Serving Houston and surrounding areas

The promotional card for DJ Diverse features a photo of DJ Diverse on the left. The text is arranged in a clean, modern layout with a QR code on the right and contact information below it.

DJ Diverse

DJ and MC Services

DJ Diverse is a versatile and talented DJ. His ability to seamlessly blend different genres and keep the crowd energized sets him apart in the world of music. With a keen sense of timing and an impressive collection of tracks, DJ Diverse knows how to create an unforgettable atmosphere at any event.

VENDORS & SPONSORS



BE TRUE & CHOOSE YOU

SHANNON WRIGHT

POSITIVELY Shan THERAPIST

LICENCED PROFESSIONAL COUNSELOR
CLINICAL MENTAL HEALTH SPECIALIST
AUTHOR & SPEAKER

WWW.ALTRUWELLNESS.NET

Diedra Shipp

MORTGAGE LOAN OFFICER

Whether you're buying or selling, I'm here to help you through every step of the process. We have a loan that fit every need.

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Capital Federal Credit Union
NMLS#2288260

THE HIGH VIBE LAB PRESENTS

Tori Yah Marshall

Spiritual Music and Spoken Word Artist!

Once Ann Again Therapy

Jessica Johnson
Psychotherapist
713-853-9061

WEDDINGS FESTIVALS

GALAS RETREATS

CONFERENCES FUNDRAISERS

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FOR BOOKING CONTACT:
TORI@MUSIC@GMAIL.COM, OR HIGHVIBRATOR@GMAIL.COM

AMAZING®

lash

STUDIO

HOW YOU CAN HELP



Souraya Christine has a large mission of reaching as many women as possible, throughout the United States and abroad, to spread the message of prioritizing mental health and self-care. Women everywhere struggle with the pressures of stress in the home, the workplace, and in our communities. This movement was created to combat the practice of “stuffing” stress, pain, and trauma down inside and covering it up with smiles, harder work, and make-up.

If you, your company or organization is interested in supporting this movement, please contact us at sourayaspeaks@sourayachristine.com. We are always seeking vendors, sponsors, speakers, volunteers, and more!

Find out more about the conference, retreat, speaking opportunities, sponsorships, vending opportunities and more here:

<https://sourayachristine.com/women-in-leadership-tour>

Special thanks to all of our sponsors & supporters!

NOTES, NAMES & NUMBERS



THANK YOU FOR
ATTENDING

W.O.M.E.N. IN LEADERSHIP CONFERENCE

Upcoming cities:

Charlotte, NC - 5/22

Chicago, IL - 6/26

Las Vegas, NV - 9/25

Cleveland, OH - 10/23

Los Angeles, CA - 11/20

****RETREAT****

9/27/24-9/30/24

Las Vegas, NV

