

ELEVATE

HER-Story

LIFESTYLE MAGAZINE

INSPIRATION
**AMBER
DORRIS**

**“Part of
the 5%”**

**Transforms from
incarceration to success**

Faith & Finances

**TOYIA
THRIVES**

**Steps to living with
Congestive Heart Failure**

**The Confidence
Corner**

**Foods that enhance your
quality of sleeping**

**SUMMER
TRAVELS**

Cultivate & Elevate

WOMEN'S HISTORY MONTH



Digital Publication

March/April 2024



Let's Talk Local Media

For Your Small Business, Brand,
Event, or Organization

A Beginner's Guide

LaToyia S. Jordan
E-Book

Talking with Toyia | Thriving Daily Media

@thrivingdailymedia

Envision it! Enlarge it! Execute it! Expect it!

Elevate Her-Story



Since my earliest memories, I have always had grand aspirations. And I am determined not to let myself down now. It's important to remember that life is made up of moments, and it's up to us to create them. We shouldn't wait around for things to happen, but instead, take action. If there is something deep within your heart that God has placed, don't hesitate! Embrace it and make it happen. I eagerly anticipate the arrival of fresh opportunities and exciting collaborations in my future. Together, let's elevate our stories to new heights and relish in the joy they bring.

Tajoyia S. Jordan

CEO/Visionary/Publisher

Henderson/Tyler, Texas | Digital/Print

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www.toyiathrives.org

Editor's Note

ELEVATE HER-STORY LIFESTYLE MAGAZINE

Welcome to Elevate Herstory Lifestyle Magazine! We are thrilled to bring you this magazine dedicated to celebrating the stories and achievements of extraordinary women.

Our mission is to uplift and empower women by sharing their remarkable journeys and experiences. In each issue, you will find inspiring interviews, thought-provoking articles, and insightful features that highlight the diverse accomplishments of women from various fields.



Elevate Herstory is more than just a magazine; it is a movement. We invite you to join us on this journey as we break down barriers, challenge stereotypes, and create a more inclusive and equal society.

We extend our deepest gratitude to the incredible women who have shared their stories with us, and to our dedicated team for bringing this vision to life. We hope that Elevate Herstory becomes a source of inspiration and celebration for women everywhere.

Thank you for being a part of this remarkable endeavor.

LaToyia Jordan

Editor-in-Chief

I AM BEAUTIFUL MOVEMENT

COIN
CODE
2024

12th Annual I Am Beautiful Movement Workshop

It's time to unlock the secrets of true friendship, navigate relationships with confidence, and embrace your inner beauty like never before.

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Faith & Finances

Empowering Women to Navigate the World of Money

By Toyia Thrives



When it comes to managing finances, women often face unique challenges and responsibilities. From budgeting and saving to investing and planning for the future, the world of money can sometimes feel overwhelming. However, by combining faith and financial wisdom, women can gain a sense of empowerment and confidently navigate their financial journeys.

One of the key principles that faith can bring to the realm of finances is the concept of stewardship. Stewardship is the belief that everything we have, including our money, is a gift from a higher power. By embracing this perspective, women can develop a mindset of gratitude and responsibility towards their financial resources. This mindset can help them make intentional decisions about spending, saving, and giving, ensuring that their money aligns with their values and beliefs.

Faith also teaches the importance of trust and surrender. In the realm of finances, this means acknowledging that we are not in complete control and that there are external factors that can impact our financial situations. By cultivating trust in a higher power and surrendering our worries and anxieties, we can find peace amidst financial uncertainty. This mindset shift can help women approach financial decisions with a sense of calm and clarity, making sound choices that align with their long-term goals.

Another crucial aspect of faith and finances for women is the importance of community and support. Faith communities often provide a sense of belonging and a network of individuals who can offer guidance and encouragement. By connecting with like-minded women who share similar financial values, women can learn from each other's experiences, seek advice, and find support in their financial journeys. This sense of community can be a source of strength and empowerment, especially during challenging times.

Furthermore, faith teaches the value of giving back and making a positive impact in the world. Women can use their financial resources to support causes and organizations that align with their values, whether it's through charitable giving or investing in socially responsible companies. By integrating their faith into their financial decisions, women can create a sense of purpose and fulfillment, knowing that their money is making a difference in the lives of others.

Faith and finances can go hand in hand to empower women in their financial journeys. By embracing the principles of stewardship, trust, and surrender, women can approach money management with a sense of gratitude and peace. Seeking support from faith communities and connecting with like-minded individuals can provide a network of encouragement and guidance. Lastly, using financial resources to make a positive impact can bring a sense of purpose and fulfillment. With faith as a guiding force, women can navigate the world of money with confidence, creating a solid foundation for their financial well-being and future.





Desirae L. Benson

5 - Star Rated Publicist

Desirae is one of the most sought after entertainment publicists in the world.

Where do you see your life in 3 years?

More excellence. I like to surprise myself with the greatness that continuously flows into my life. I'm looking forward to three years from now and looking back at this moment knowing that I continued to manifest goodness and love. Goodness and love are powerful and positive vibes that lay the foundation for a beautiful life.

What advice would you give someone wanting to follow their dreams?

Don't wait. Make a promise to yourself to not sleep on what you really want. It's important to stay connected to your passions and stay motivated by the things that inspire you. This can be in regard to connecting with like-minded people, taking time for self-care and reflection, or seeking out new experiences and adventures, staying connected to your passions can help you stay energized and engaged in your pursuit of your dreams. Stay focused, stay driven, and keep going.



What was the last book you read?

One Mind

Name a pivotal moment in your life?

When I decided to work from home and fully engage in my business pursuits 100%.

It was more about me reducing stress and aligning with the desires of my heart. It's one of the best decisions I have ever made.

What is your favorite quote or scripture?

"There's nothing more powerful than an idea whose time has come."

Victor Hugo

Just for fun....What is your favorite color and why?

Purple. There's just something deep and mysterious about it. I don't even wear it that often, but I'm highly attracted to the energy it puts out.



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DESIRAE L. BENSON

Entertainment Publicist | Multimedia Journalist

Connect With Her



About Desirae

Desirae L. Benson is a 5-Star Rated Publicist who works hand in hand with high-profile musicians, actors, politicians, producers, directors, authors, playwrights, entertainers, businesses, athletes, and other industry professionals to create an even bigger buzz around them on and offline.

As a Grammy member and with a master's degree that focuses on the areas of Written Communication, Public Relations, Linguistics and Journalism, her expertise has afforded her the ability to showcase her professional prowess in creating dynamic and memorable content across many facets of the entertainment industry. She pens high-quality press releases, biographies, and write-ups, that are geared for national news outlets, music festivals, IMDb accounts, websites, magazines, and a plethora of other online forums.

She got her start in entertainment and media relations when she worked with Fox TV in Tokyo, Japan years ago as an About the Town TV Host, interviewing American and International celebrities visiting Japan. She is considered a multimedia journalist who has advanced knowledge with creating EPK's for musicians, film production teams, corporations, models, photographers, writers, and others who are involved in the entertainment industry. With numerous followers and a vast reach on her social media platforms, Desirae L. Benson has led numerous campaigns for many artists, resulting in outstanding success for them personally and professionally. Her unique ability to personalize content, make it unique and acquire multiple shares, speaks volumes for her clients and the fans who love them.

Along with this, she is an editor and journalist for a few awesome national magazines including Sheen. With hundreds of articles in circulation, she does a variety of ghostwriting assignments and other creative writing related projects for her clients on a regular basis. With this, she also serves as a content creator and content editor. She has an awesome flair for bringing out the best in people and conducts a variety of celebrity interviews and special event write-ups that have garnered international attention.

Desirae has traveled and lived all over the world and practices a high level of cultural awareness. Her public speaking abilities are impeccable, and much attention is given to developing business relationships on a global scale.

As a member of ForbesBLK, the NABJ, and being the creative thought leader that she is, Desirae is open to expanding her craft and building lasting bonds with those who work in front of the camera as well as behind the scenes. Everything she does is uniquely curated and designed to increase engagement for years to come.

HOW TO AVOID THE SNACKING TRAP: TIPS FOR HEALTHY SNACKS THAT KEEP YOUR DIET ON TRACK!

By Dana Skaf

Snacking is one of those issues that can wreck the best laid plan for healthier eating. Everyone wants a snack now and then, but the key is to choose snacks that won't completely undo all your progress!

There are many great snacks that can be enjoyed guilt-free.

Snacks With All The Flavor & None of the Guilt: For instance, choosing snacks from whole grain products, fruits and vegetables, milk and dairy products, meat and nuts can be a great way to satisfy your craving without destroying your diet.

Include Whole Grain: The world of grain and whole grain products contain a great many healthy snacks, including whole grain breads (wheat bread and rye bread are great choices), wholesome tortilla shells, pita bread and whole grain cereals.

Vegetable and Fruits: The all important vegetable and fruit food group contains so many ideas for healthy snacks that it would be impossible to list them all here. Some of the best, tastiest and easiest fresh fruit and vegetable snacks include baby carrots or carrot slices, bite sized vegetables such as broccoli florets, radishes and green peppers, fresh vegetables, fruit juice and fruit salads.

For a quick and easy fruit salad, try this five-minute recipe. Add mandarin oranges into a bowl. Cut up a banana, an apple and a nectarine and add them to the bowl. Add some strawberries, blueberries and raisins for extra taste and color, and serve.

Fresh Fruit Makes a Great Snack: Snacking on apples, bananas and oranges is a great way to eat healthy and still enjoy delicious snacks. Keeping a bowl of delicious fruit on the table or the coffee table is a great way to encourage the entire family to eat healthier.

Dairy Product: The milk and dairy products food group also contains many healthy snack items, including low fat and nonfat yogurt, skim milk, low fat puddings, cheeses and even chocolate milk.

Other choices for a Healthy Snacks: Canned tuna (packed in water of course), peanut butter, eggs and egg substitutes, poultry, nuts and beans are also excellent choices for healthy snacks.

Creating Healthy Snacks: It is important to limit the consumption of high fat foods, and foods high in salt and sodium. Instead of buying snacks in the snack aisle of the grocery store, try making your own using some of the suggestions listed above.

Added Variety: Try combining several different healthy snacks in unexpected ways. For instance, try spreading peanut butter on pita bread, or use it as a fun dip for apple slices. Or top a whole grain English muffin with tuna and cheese. Place it in the broiler for a few minutes and enjoy a healthy and delicious snack.

Food Pairing: Other good ideas for quick and healthy snacks include pairing fresh fruit with nonfat plain or vanilla yogurt, adding fresh fruit slices to cereal, and using fresh fruit and fruit juices to make delicious smoothies.



Snack Recipes

Apple slices with nut butter



Berries and Granola with Greek yogurt



Cucumber slices with hummus



There are of course many other types of healthy snacks, and their variety is only limited by your creativity. It is important to make a variety of healthy snacks and keep them readily at hand. Replacing all those unhealthy snacks with healthier alternatives is one of the best ways to keep snack cravings from sidetracking your healthy eating goals.

Girl Code 2024

I A M B E A U T I F U L
M O V E M E N T



Celebrating 12 Years of
Confidence • Friendships • Relationships



Introducing the I Am Beautiful Movement™ (IABM) Non-Profit Organization, founded in July 2013. In 2016, IABM became a part of the Empowerment Community Development Corporation 501c3. Our mission is to empower and foster strong bonds between mothers and daughters, specifically targeting girls in 5th to 12th grade (ages 11-18). We recognize the challenges they face in terms of self-esteem, self-image, and confidence on a daily basis.

Through a variety of activities, we aim to provide a supportive environment where these girls can grow and thrive. In addition to organizing events tailored for their age group, we have also developed programs and events for younger students in 2nd to 4th grade. Our annual workshop/conference covers topics such as dressing appropriately, age-appropriate makeup, financial literacy, and budgeting.

At IABM, we believe in equipping these girls with the tools they need to achieve their dreams, both academically and as entrepreneurs. We guide them in creating vision boards and developing plans to reach their goals. To ensure effective learning, we incorporate self-evaluation activities and do-it-yourself projects into our programs.

Motivational speakers and successful female entrepreneurs partner with IABM to inspire our young girls and show them that they have the ability to succeed and accomplish any goal they set. We have proudly hosted and sponsored various events, including Tea Parties, the Pads & Panties Mission Drive, the GlamProm Dress Closet (offering free prom dresses to seniors), and Girls Self Defense Classes.

Donations are always welcome and can be made through multiple platforms, such as PayPal & Cash App. We strongly believe that every young girl deserves the opportunity to feel beautiful and confident.

Elevate Her-Story Lifestyle Magazine





Elevate Her-Story Lifestyle Magazine

Patricia Glass

Women's History Month Spotlight

Where do you see your life in 3 years?

In three years, I envision myself having significantly expanded the reach of the Affiliate Program at East Texas Center for Non-profits, guiding numerous organizations in Tyler, Texas, and beyond toward sustainable growth and success. I aim to foster a stronger, more interconnected community of non-profits that can leverage collective strengths to address our society's most pressing challenges. I plan to continue learning and growing alongside the organizations I support, always seeking new ways to serve and empower my community.

What advice would you give someone wanting to follow their dreams?

The journey towards your dreams will often be challenging, but resilience is critical. Start by clearly defining your vision and the impact you want to make. Then, take consistent, deliberate actions toward your goals, and don't be afraid to ask for help or seek mentorship. Remember, every setback is an opportunity to learn and grow stronger. Stay true to your values, and never underestimate the power of persistence and hard work.

What was the last book you read?

The last book I read was "Dare to Lead" by Brené Brown. This insightful book delves into the power of vulnerability in leadership, encouraging leaders to embrace empathy, honesty, and courage. Its lessons on building resilient organizations and teams resonate deeply with my work in the non-profit sector, underscoring the importance of leading with integrity and compassion.



Name a pivotal moment in your life?

A pivotal moment in my life was the day I founded the Neurodivergent Advocates of East Texas. Starting this organization was a professional and personal milestone that embodied my commitment to advocacy and community service. It taught me the value of leadership, community support, and the profound impact one can make by providing a voice and resources for those who often go unheard.



What is your favorite quote?

One of my favorite quotes is by Margaret Mead: "Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it's the only thing that ever has." This quote encapsulates my belief in the power of community and collective action. It reminds us of the impact we can achieve when we come together for a common purpose.

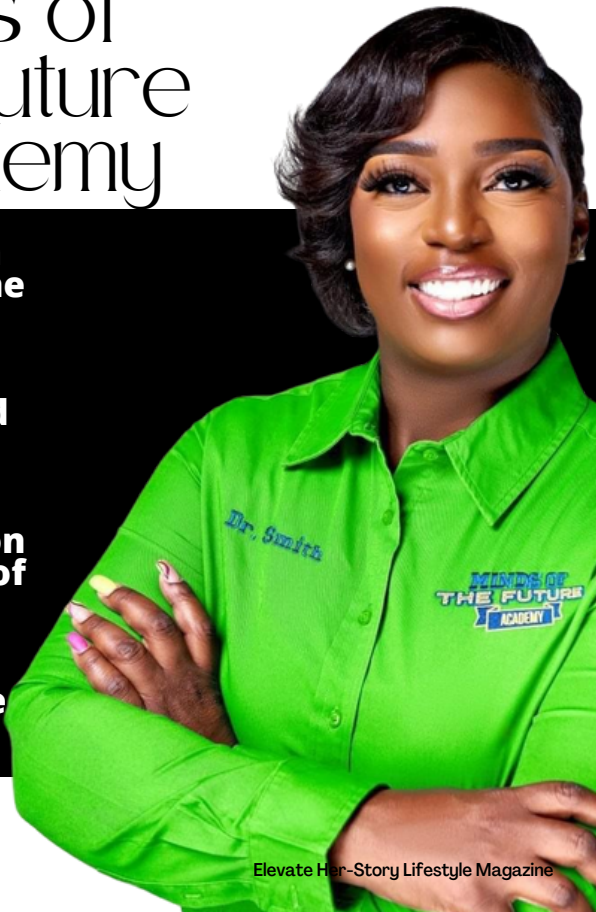
What is your favorite color, and why?

My favorite color is pink, which might surprise those who know me. However, I find pink a color of strength, resilience, and joy. It challenges conventional perceptions and embodies boldness and warmth that resonate with my approach to life and work. Pink reminds me that taking unexpected paths and embracing one's unique qualities can lead to meaningful impact and fulfillment.

Dr. Cynthia Smith

Minds of the Future Academy

Dr. Cynthia Smith is the first Black Woman to open up a private and free STEM school in Florida. She has won Innovator of the Year, Best Boss Award and many more awards.





Fashion over 40

FIND YOUR STYLE
AFTER 40

By Dana Skaf

Fashion over 40 is all about celebrating your personal style and embracing what makes you feel confident and beautiful. It's a chance to shed outdated trends and cultivate a wardrobe that reflects your current lifestyle and flatters your figure. Here are some key style tips and trend pointers to inspire you, regardless of your body type:

 **BodyWisdom**
TRANSFORMATION THAT LASTS

- **Identify Your Color Palette:** Consider hiring an image consultant to do your color analysis. It empowers you to make informed choices based on your color palette, build a wardrobe that flatters you, and ultimately feel your absolute best.

- **Invest in Quality Staples:** Focus on well-made, classic pieces that will stay relevant for seasons to come. A tailored blazer, dark jeans, a comfortable shift dress, and a flattering skirt are all versatile essentials you can mix and match to create countless outfits.

- **Fit is Key:** No matter the style, ensure your clothes fit well. Tailoring can make a world of difference, taking an outfit from good to great. Clothes that skim your curves without clinging are universally flattering.

- **Accessorize Wisely:** Accessories can elevate an outfit and add a touch of personality. A statement necklace, a colorful scarf, or a pair of bold earrings can take a simple look to the next level.

Flattering Styles for All Body Types

- **Pear-Shaped:** Balance your proportions by drawing the eye up. Try A-line skirts and dresses that cinch at the waist and flow over the hips. Tailored jackets with strong shoulders and vertical stripes will add structure.

- **Apple-Shaped:** Define your waist and elongate your silhouette. Empire-waist dresses and tops that fall just below the bust create a flattering shape. Choose dark or solid colors on the bottom and patterned tops to visually balance your proportions.

- **Hourglass-Shaped:** Accentuate your curves! Tailored dresses, nipped-waist jackets, and fitted shirts will showcase your figure. Belting dresses and cinching waists will further define your hourglass shape.

- **Petite:** Vertical stripes, monochromatic dressing, and high-waisted styles can elongate your silhouette. Opt for cropped pants or skirts that show off your ankles and choose fitted or tailored tops to avoid looking overwhelmed by baggy clothing.

- **Curvy:** Embrace your curves with confidence! Wrap dresses, cinched-waist jackets, and empire-waist tops flatter all figures. Don't be afraid of bold patterns or bright colors - they can be incredibly flattering.

FIND YOUR STYLE AFTER 40

Trends with a Comfort Twist

• **The Power Suit:** A timeless and sophisticated option, the power suit takes on a modern twist with relaxed silhouettes and unexpected colors. Pair a tailored blazer with cigarette pants or a midi skirt for a chic and polished look.

• **Statement Sleeves:** Puff sleeves, bell sleeves, and ruffled sleeves add drama and personality to any outfit. Balance statement sleeves with a more fitted silhouette on the bottom.

• **Bold Prints and Patterns:** Florals, stripes, animal prints – don't shy away from bold patterns. Choose a pattern that you love and style it with confidence.

• **The Midi Skirt:** A versatile and flattering option, the midi skirt can be dressed up or down. Pair it with a fitted top and heels for a dressier look or a casual t-shirt and sneakers for a more relaxed vibe.

• **Comfortable Denim:** Denim is a forever friend, and there are countless ways to wear it over 40. Try a dark wash bootcut jean, a trendy wide-leg cut, or a classic straight-leg style.

Cultivating Confidence Beyond the Clothes

• **Embrace Your Body:** Fashion is a way to express yourself, not a way to hide your body. Learn to love your figure and choose clothes that make you feel confident and beautiful.

• **Experiment and Have Fun:** Don't be afraid to try new trends and styles. Fashion is a journey of self-discovery, so have fun with it!

• **Focus on How You Feel:** The most important aspect of fashion is how it makes you feel. When you feel confident and comfortable in what you're wearing, it shows.



Tips for a Fulfilling Fashion Journey

• **Find a Style Icon:** Look to celebrities, influencers, or even everyday people whose style you admire. Use them for inspiration, but remember to adapt their looks to your own personal style and body type.

• **Shop Smart:** Don't be afraid to mix high-end pieces with more affordable finds. There are great quality pieces available at all price points!

• **Invest in Good Shoes:** A well-made pair of shoes can elevate any outfit and provide the comfort you need throughout the day.

Remember, fashion over 40 is a journey of self-discovery. It's about embracing your unique style, prioritizing comfort, and feeling confident in your own skin. Don't be afraid to experiment and have fun!



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Living with Congestive Heart Failure: A Journey Towards a Healthy Life

By LaToya Jordan

Congestive heart failure (CHF) is a chronic condition that requires careful management and lifestyle adjustments. It can be overwhelming to receive a diagnosis, but with the right steps and support, individuals can lead fulfilling lives while effectively managing their condition. Here are some steps to consider when living with congestive heart failure.



Step 1: Education and Understanding

Knowledge is power when it comes to managing CHF. Take the time to educate yourself about your condition, its causes, symptoms, and treatment options. Discuss these with your healthcare provider, who can provide valuable insights and answer any questions you may have. Understand the importance of adhering to your treatment plan and medication regimen.

Step 2: Adopting a Heart-Healthy Diet

A heart-healthy diet is crucial for managing CHF. Limit your sodium intake, as excessive salt can lead to fluid retention and worsen symptoms. Focus on eating a balanced diet rich in fruits, vegetables, whole grains, and lean proteins. Consult with a registered dietitian who can help create a personalized meal plan tailored to your specific needs.



Living with Congestive Heart Failure

Step 3: Regular Exercise and Physical Activity

While it may seem counterintuitive, regular exercise is an essential part of managing CHF. Engaging in low-impact activities such as walking, swimming, or cycling can help strengthen your heart and improve overall cardiovascular health. Always consult with your healthcare provider before starting any exercise program to ensure it is safe and suitable for your condition.

Step 4: Medication Management

Adhering to your prescribed medications is vital in managing CHF. Take them as directed by your healthcare provider, and never make changes without consulting them first. Keep a record of your medications, including dosages and schedules, to ensure you stay on track. If you experience any side effects or have concerns, discuss them with your healthcare provider promptly.

Step 5: Regular Medical Check-ups

Regular medical check-ups are crucial for monitoring your condition and making any necessary adjustments to your treatment plan. These appointments allow your healthcare provider to assess your progress, adjust medications if needed, and address any concerns you may have. Be sure to follow up with all recommended tests and screenings.



Cardiac rehab helped me to get my energy back and pushed me to complete my sessions.

Living with Congestive Heart Failure

Step 6: Emotional Support and Self-Care

Living with CHF can be emotionally challenging. Seek support from family, friends, or support groups who understand your journey. Engage in activities that bring you joy and help manage stress. Practice self-care by prioritizing rest, relaxation, and taking time for yourself. Remember, a positive mindset and emotional well-being are just as important as physical health.

Step 7: Recognize Warning Signs and Seek Help

Being aware of the warning signs of worsening CHF is crucial. Symptoms such as shortness of breath, increased fatigue, rapid weight gain, or swelling in the legs or ankles should not be ignored. If you experience any of these symptoms, contact your healthcare provider promptly. Early intervention can prevent complications and improve outcomes.

Living with congestive heart failure requires commitment, patience, and resilience. By following these steps, you can take control of your health and effectively manage your condition. Remember, you are not alone on this journey. Reach out for support, stay informed, and embrace a heart-healthy lifestyle. Together, we can live life to the fullest while managing congestive heart failure.

Living with congestive heart failure requires commitment, patience, and resilience. By following these steps, you can take control of your health and effectively manage your condition. Remember, you are not alone on this journey. Reach out for support, stay informed, and embrace a heart-healthy lifestyle. Together, we can live life to the fullest while managing congestive heart failure.



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Summer Travels with your Girls

Creating Memories and Strengthening Bonds

By Toyia Thrives

Summer is the perfect time to embark on exciting travels with your girls. Whether you are planning a relaxing beach getaway or an adventurous road trip, spending quality time with your friends during the summer months is a surefire way to create lasting memories and strengthen your bond.

One of the best parts about summer travels with your girls is the opportunity to explore new destinations together. From exotic tropical islands to bustling cities, the options are endless. You can choose to soak up the sun on pristine beaches, snorkel in crystal-clear waters, or explore vibrant markets and taste local delicacies. The adventure and exploration will bring you closer as you navigate unfamiliar territories and make new discoveries together.

Another great aspect of summer travels with your girls is the chance to try new activities and experiences. Whether it's hiking to a breathtaking viewpoint, learning to surf, or trying out a new water sport, stepping out of your comfort zone with your friends by your side can be incredibly empowering. The shared excitement and support will make these moments even more memorable.

Summer travels also provide an opportunity to relax and rejuvenate. After months of hard work and busy schedules, taking a break and enjoying some downtime with your girls is essential. Whether you choose to lounge by the pool, indulge in spa treatments, or simply soak up the tranquility of nature, the summer months offer the perfect setting for relaxation and self-care.

One of the most important aspects of summer travels with your girls is the chance to create lifelong memories. From late-night conversations under the stars to spontaneous adventures and laughter-filled moments, these experiences will become stories you will share for years to come. The bonds formed during summer travels are often unbreakable, and the memories made will always hold a special place in your heart.

Summer travels with your girls are a wonderful way to make the most of the warm weather and create lasting memories. Whether you choose to explore new destinations, try new activities, or simply relax and unwind, the time spent together will strengthen your bond and create unforgettable experiences. So gather your girls, pack your bags, and get ready for an incredible summer adventure!



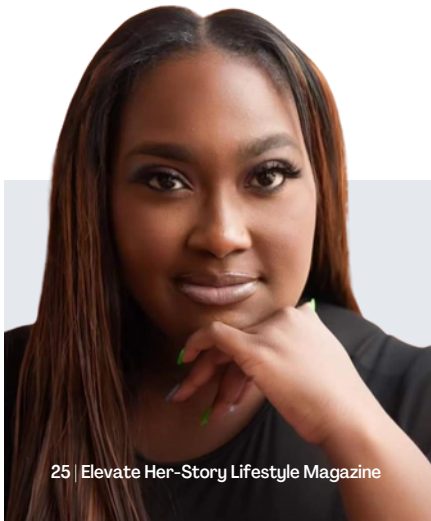
CONFIDENCE CORNER

Unlock your Inner Fierceness

By Antwanise Jackson

Confidence is like a muscle; it requires regular exercise and nurturing to grow stronger. Whether you're striving for success in your career, relationships, or personal endeavors, confidence serves as a cornerstone for achievement and fulfillment. However, building confidence is not always easy and often requires deliberate effort and commitment. No worries though, your girl Nise is here to walk you through how to tap into your inner SheWolf. So sit back, grab a seat, and step into this crash course on confidence and how to own it.

Confidence is the belief in oneself and one's abilities to navigate challenges and achieve goals successfully. It involves self-assurance, a positive mindset, and resilience in the face of setbacks. Building confidence is a process that involves both inner work and external actions. Here is my step-by-step guide on how to build yours:



Confidence Corner



1. Set achievable goals: Break down your larger goals into smaller, manageable tasks. Achieving these smaller milestones will boost your confidence and provide momentum for tackling bigger challenges.

2. Embrace failure: View failure as an opportunity for growth rather than a setback. Learn from your mistakes, adapt, and keep moving forward. Each setback is a steppingstone toward success.

3. Practice self-care: Take care of your physical, emotional, and mental well-being. Get enough sleep, exercise regularly, eat nutritious foods, and engage in activities that bring you joy and relaxation. When you feel good about yourself, confidence naturally follows.

4. Challenge negative self-talk: Identify and challenge negative thoughts and beliefs about yourself. Replace self-limiting beliefs with affirmations and positive self-talk. Surround yourself with supportive and uplifting people who encourage your growth and success. Your inner circle is so important. Having a fantastic tribe to back you up can make a world of difference. I cannot tell you how many times I was ready to give up on myself and my friends lifted me up. One of them gave me a pep talk so good, hell, I took it and put it on a t-shirt then filed to trademark it. Get yourself a team of positive, supportive people who will be brutally honest when you need them to be but catch you when you're falling and put you back on your pedestal.

5. Step out of your comfort zone: Growth and confidence often lie beyond the boundaries of your comfort zone. Take calculated risks and expose yourself to new experiences. Each time you step outside your comfort zone, you expand your capabilities and build confidence in your ability to adapt and thrive. I say this all the time when I'm speaking to people on how to navigate the world: GET COMFORTABLE BEING UNCOMFORTABLE!

Antwanise Jackson,
Founder/CEO of EmpowerNet
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Elevate Her-Story Lifestyle Magazine

JO'ZANIQUE HUMPHREY

WHAT MAKES YOUR HER-STORY STANDOUT?

"Being a young black entrepreneur on my HBCU's campus allowed me to see how many people I inspire. I have been able to attend events on my campus that allow me to showcase my brands and what I do & I've been able to provide styles to my peers and even a teacher. My story stands out because I started my business when I was 16 in hopes of being a successful business woman & now I'm 21 years old with two more businesses and 1 year away from obtaining an degree in entrepreneurship!"



LUCRETIA JELKS

COACH'S CORNER -- ALL THINGS FINANCIAL

Lucretia Jelks HER-Story stands out because she uses her testimony of how she overcame grief after the loss of her husband. She uses her story of how she was a widow before the age of 30 to inspire other single mothers to achieve financial success through resilience.



Coach/Trainer/Facilitator

Lucretia the founder of Coach's Corner -- All Things Financial is a coach to the coach. She trains coaches to work with their clients to meet financial and career goals. She holds 20+ years in the financial industry and 10+ years of experience in the non-profit sector. She combines compassion and enthusiasm to impact her audience. Her versatility does not limit her service delivery environments as she blossoms where she is planted. Lucretia is a dynamic and energetic communicator with the ability to motivate and connect with her audience. Her trainings are individualized and tailored to her meet the needs of her coaches to assure that she remains relevant, relatable and provides attendees with real time results.

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COMING SOON



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- Consulting Services: Providing strategic insights for businesses seeking marketing and financial guidance
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YOU CREATE YOUR OWN REALITY, BOSS UP

ABOUT ME

#THICKBEAUTIFULTALENTED

I am a financial consultant by day with a background in multimedia, marketing and public relations. However I am an entrepreneur and businesswoman through and through. When they say "she's a hustler," I wear that badge proudly. Honey I've got more jobs than a Jamaican. Working is what I love doing. I've successfully launched my mobile bar business NJ Beverage Services and I just launched a new professional networking organization called EmpowerNet. EmpowerNet has become my new baby that all of my time and energy is going into now. My passion and purpose is connecting others, helping people achieve their goals and giving back. I love what I do.



COLLABORATION.
CONNECTION. COMMUNITY

FOR INQUIRIES: empowernettx@gmail.com | [@antwanise08](https://www.instagram.com/antwanise08) | 903.388.0225

Jamie Goode



Jamie Goode, owner and founder of JME Studios is now a well known name in the photography world. This East Texas photographer has been “Best In Town” winner for Tyler Texas, two years running, has become an International Associate Photographer with The Portrait Masters, received 48+ international awards in 2021 and 2022, as well as being in multiple publications and traveling regionally all over Texas to Nashville, Tennessee to work with many upcoming musicians in 2022. Her passion for beauty can be seen throughout her portfolio and her passion for fashion is driving her into a whole new world, it's only up from here.



JME Studios

What makes your HER-Story standout?

“Where I came from, how my late mom and grandmother both made me who I am today, I love women and strive to show them true beauty within themselves!”

Jme
STUDIOS
LUXURY LIFESTYLE PORTRAITS
SINCE 2009

INTERNATIONAL AWARD WINNING
PORTRAIT PHOTOGRAPHER

PHYSICAL SCIENTIST

Stennis Space Center, MS



Dr. Treva T. Brown

Furthermore, she is an active member of the National Organization of Black Chemists and Chemical Engineers, International Biodeterioration and Biodegradation Society, American Chemical Society, Southeastern Microscopy Society, Alpha Kappa Alpha Sorority, Incorporated, and is Chair of the Diversity, Equity, and Inclusion Committee for the Microscopy Society of America. "Be the change you want to see in the world" is a quote that Dr. Treva T. Brown reiterates and lives by as she continuously strives to change the narrative and "faces" of STEM disciplines, particularly among youth from underrepresented backgrounds. She stimulates kid's desire to learn about science through fun and engaging STEM demonstrations, while cultivating their minds to pursue STEM careers. She is a deserving recipient of the many awards she has earned, with some of her most recent being: 2022 Sister Leaders' Government/Civil Service Award, City of New Orleans Certificate of Recognition for Community Service, 2021 Women of Color Community Service in Government Award, 2020 Best Woman in S.T.E.M. Award, and Northshore Louisiana's Forty under 40 recognition.

Dr. Treva T. Brown is a physical scientist at the U.S. Naval Research Laboratory (NRL). Having completed her Bachelors of Science degree at Louisiana State University in 2011 and Doctoral degree in Chemistry at the University of New Orleans in 2017 as a Board of Regents Graduate fellow, she helps the Department of Defense gain a better understanding of organisms that cause corrosion on metal materials. With a passion for microscopy, she performs electron microscopy imaging, analytical and elemental analysis of specimens, and works on basic corrosion and microbial research. Dr. Brown is a strong contributor to ongoing corrosion science research in the Physical Oceanographic Processes Section of the Ocean Sciences division at NRL. She is active in outreach and mentorship activities where she advocates for STEM outreach in the local community and spearheads initiatives aimed to improve diversity and inclusion within the scientific community.

DR. RENEE WHITE - DR. NAY



*Embrace
Your Power*

"The question is what about wearing sunglasses at night?"

What makes your HER-Story stand out?

As a little Black girl, who was born and raised in South Jamaica, Queens in NY, I was able to climb the ladder and now pull up others as Dr. Nay. Thirty-five years ago, I taught in my former elementary school to make a difference in my community. Currently, I am proud to say that I have returned as a college-professor, educational consultant, and best-selling author to facilitate workshops using my published books aimed for youth of color. The students are amazed that I was once a student and teacher in their actual classroom. Role modeling in total action! It is definitely a full-circle inspirational experience!

PRESIDENT/RENEE'S WAY, INC.

Dr. Renee White, aka “Dr. Nay” is an inspirer, educator, and leader through her spoken and written words. As a college professor, motivational speaker, best-selling author, and president of her consulting company she advocates empowerment, equity, and inclusion for others, especially women and children of color.

Dr. Nay began her career as a classroom teacher in Queens, over 35 years ago, and is now a Full Professor of Education at St. Joseph’s University in Suffolk County to better prepare teachers for diverse classrooms, specializing in literacy instruction and culturally responsive teaching.

As a seasoned educator, she believes that it is essential to empower children at a young age. Dr. Nay published her children’s literature, *Sistah Girl: Step into Your Greatness*, (an Amazon best-seller) and *Yo Bro: Strive Toward Excellence* to fill the void of quality diverse literature in today’s classrooms. Poems, such as *Sistah Hair*, *Flavors of People*, and *Black Lives Matter* help adolescents to identify their aspirations, teach them their responsibilities as role models, and show them how they can make a difference in the world as agents of change, while reinforcing social-emotional and literacy skills.

Dr. Nay also writes motivational poetry for adults. She shares her insights about women’s experiences regarding life and love with her diverse audience of readers. Her book publication, “*Embrace Your Power: A Sistah to Sistah Conversation*” affords her readers an opportunity to self-reflect and self-empower.

To merge all endeavors, Dr. Nay created Renee’s Way Inc., a consulting company, that further aims to embrace and uplift underserved populations. She fuses her professional expertise and personal experiences with her poetic craft to provide authentic transformative experiences for her audiences. Renee’s Way Inc. provides supporting literature, and services such as motivational speaking and professional development, tailored for corporate, school, and private sectors.

LARHONDA HAMILTON

Criminal Justice
Professor/Community
Activist/Mentor/Speaker

What makes your HER-Story standout?

My HER-Story stands out because it is all God ordained, He has my steps ordered even as a child, I thought I was moving to Tyler, Tx just to be a professor, after kicking and screaming and fearful of taking this leap, God kept working out everything that I felt like was an issue, He kept working it out as if there was something that I needed to do here in Tyler, from being pulled on to various boards and committees, to founding the East TX National Association of Blacks in Criminal Justice, chartered the Zeta Youth Affiliates in Tyler, founding the Veterans Banquet, founding the World Changing Women Leadership Night Out, and speaking at many events, with speaking used to be the thing that scared me the most, my story stands out because it is HIS story for my life. I'm always asked. "how do you do it all." my answer it is all God, who gives me the strength to endure it all, I couldn't stop even if I wanted to, I tried to throw in the towel several times, it just keeps getting thrown back into hands, each time with a bigger assignment.

Elevate Her-Story Lifestyle Magazine







Foods that enhance your quality of sleeping

By LaToya Jordan

Getting a good night's sleep is essential for our overall well-being. However, many of us struggle with sleep disturbances that can leave us feeling tired and groggy throughout the day. Sleep is not just a luxury; it is a vital component of a healthy life. While there are numerous factors that influence our sleep patterns, the food we consume plays a significant role in determining the quality of our slumber. Incorporating certain foods into our diet can significantly enhance the quality of our sleep. Here are some nutritious foods that can help promote a restful night.



1. **Cherries:** These sweet and tangy fruits are a natural source of melatonin, a hormone that regulates sleep-wake cycles. Consuming cherries or drinking tart cherry juice before bedtime has been found to improve both sleep duration and quality.

2. **Walnuts:** Packed with healthy fats, protein, and magnesium, walnuts are a great addition to your evening snack routine. Magnesium helps regulate sleep by promoting relaxation and reducing anxiety, making walnuts an excellent choice for a peaceful slumber.

3. **Kiwi:** This small, vibrant fruit is rich in antioxidants, vitamins C and E, and serotonin, which aids in sleep regulation. Consuming kiwi before bed has been shown to improve sleep efficiency and duration, making it a delicious and beneficial pre-sleep snack.

4. **Fatty Fish:** Fish like salmon, trout, and tuna are high in omega-3 fatty acids, which have been linked to improved sleep quality. Omega-3s help regulate the production of serotonin and melatonin, promoting a deeper and more restorative sleep.

5. **Herbal Teas:** Chamomile, lavender, and valerian root teas have long been used as natural remedies for insomnia and promoting relaxation. Sipping on a warm cup of these herbal teas before bed can help calm the mind and prepare your body for a peaceful night's sleep.

6. **Bananas:** Rich in potassium and magnesium, bananas are not only a delicious snack but also a natural sleep aid. These nutrients help relax muscles and promote a sense of calmness, making them an ideal choice for those struggling with sleep disturbances.

7. **Whole Grains:** Incorporating whole grains like oats, quinoa, and brown rice into your diet can have a positive impact on your sleep quality. These complex carbohydrates increase the production of serotonin in the brain, promoting a sense of relaxation and aiding in a restful sleep.

8. **Warm Milk:** Grandma was right – a warm glass of milk before bed can work wonders for improving sleep quality. Milk contains tryptophan, an amino acid that aids in the production of serotonin, a neurotransmitter that promotes relaxation and sleep. Add a dash of honey or a sprinkle of cinnamon for added flavor and soothing effects.

9. **Dark Chocolate:** Good news for chocolate lovers! Dark chocolate contains magnesium and small amounts of caffeine. While caffeine generally disrupts sleep, the minimal amount found in dark chocolate can actually enhance sleep quality by promoting the production of serotonin and reducing stress levels. Enjoy a small piece as an evening treat.

10. **Warm Milk:** Grandma was right – a warm glass of milk before bed can work wonders for improving sleep quality. Milk contains tryptophan, an amino acid that aids in the production of serotonin, a neurotransmitter that promotes relaxation and sleep. Add a dash of honey or a sprinkle of cinnamon for added flavor and soothing effects.



Foods that enhance your quality of sleeping

LYNAYA WILLIAMS



Lynaya Williams, is a remarkable senior at Henderson High School. With an impressive 4.0 GPA, Lynaya is not only intelligent but also possesses a captivating beauty that radiates from within. Her authenticity and resourcefulness make her a truly amazing young woman.

Graduating in May of 2024, Lynaya is already making strides towards her future. She is currently enrolled in Dual Credit Courses through Kilgore College, earning a total of 30 credit hours. With a strong desire to become a Nurse Anesthetist, Lynaya is determined to make a meaningful impact in the field of healthcare.

As she prepares to embark on her college journey, Lynaya has her sights set on two prestigious institutions: the University of Texas at Tyler and the University of Texas at Arlington. With a passion for nursing, she plans to major in this field and equip herself with the knowledge and skills necessary to excel in her chosen career.

In addition to her academic pursuits, Lynaya also dedicates her time as a sales associate at Hibbett Sport and Goods. Her commitment to excellence extends beyond the workplace, as she holds the esteemed position of Henderson Lionette Captain. Lynaya has also served as an Officer and First Lieutenant, showcasing her natural leadership abilities. Lynaya was a valued member of the Varsity Concert Band for two years. Furthermore, she actively contributes to her school community as a Henderson Student Athletic Trainer and Varsity Athletic Trainer for three years. Lynaya's involvement in various clubs, including Key Club, Interact Club, and National Honor Society, demonstrates her dedication to making a positive impact both within and beyond the classroom. Lynaya Williams is not just an ordinary student; she is an extraordinary individual with a bright future ahead. Her passion, intelligence, and caring nature make her an inspiration to all who have the pleasure of knowing her. As she continues to pursue her dreams, there is no doubt that Lynaya will leave a lasting legacy and make a significant difference in the world.

SENIOR 2024



“She believed she could, so she did.”

HENDERSON HIGH SCHOOL

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Noreen Nartia Photography

PART OF THE 5%

By Amber Dorris

Do you believe that people are capable of change?

Studies show that 48.2% of people give up on a desired outcome if immediate results are not seen; with another 46.1% giving up within 10 to 14 days.

I spent the first 33 years of my life as part of the 95% who throw in the towel without giving it their all.

I did not believe I had what it took to make any real change in my life.

Not until I was left with three options; change, spend the rest of my life in prison, or die.

My name is Amber and the following is part of my journey.

I grew up in a little East Texas town. There's really not much I remember about my childhood. I'm not sure if I blocked those memories out or if my choices later in life erased them.

I do recall my parents being content with having just enough to survive, which we did. We always had a roof over our head and something to eat, and there was lots of love, joy, and laughter in our home.

I recall I have always liked being different. I like to go against the grain; if it was something the majority liked, I wanted no part of it.

I remember I always knew I would own my own business. I didn't like dolls or Barbies; I only wanted to play boss. I made my brother and my cousin be my workers, and writing their checks was my favorite part. Oh, and tapping my little fake fingernails on my desk.

Thinking about that little girl makes me smile. She knew what she was made for, even though there were many years to come that would test every bit of strength she had. She knew one day she would run things; in her mind, she already did.

I grew up in a house from the late 1800s; my dad worked for himself in construction. Him and mom worked hard to make that house a beautiful home.

Growing up in that home gave me an appreciation for craftsmanship and the ability to see beauty in unconventional things. I will pick old, real hardwood over new, pressed particleboard any day. Growing up there also taught me that we are all the same. We all want to love and be loved. We are put on this earth for companionship and community. Nothing else really matters. I became extremely overweight at a very young age; by sixth grade, I was wearing a woman's size 22 pants, 3X shirts, and a size 10 shoe. I was almost 300 pounds and 5'8" tall.

I hated my body and wanted an escape from the embarrassment and shame I felt.

In my seventh-grade year, I found just that; I discovered Adderall. At that same time, I began smoking weed and cigarettes on a daily basis.

By the following year, I had lost several sizes and was gaining a large group of friends, all of whom were beginning to experiment with drugs.

At age 14, the only drug I had done was heroin. Thankfully, that is still true today.

For the next 19 years, extreme drug abuse was my norm. As with most addicts, the progression was evident to all around me.

During that time, I lost or walked away from everything that I loved.

The desire to be the boss, and the fact that I could not keep a job, led me to believe that selling drugs was the only logical move; however, that move landed me in county jails all across East Texas and in Texas prisons a total of three times.

The last time I got arrested was on October 17, 2018. At that time, I was on parole for a manufacturing and delivery charge. The girl who gave me the Adderall in seventh grade also wore a wire and bought drugs from me.

That night when I got arrested, I had 2 ounces of meth, 90 OxyContin, and 90 Xanax bars. When they put the cuffs on me that night, I knew it would be many years before I would be free again.

At that time, I had 10 or 11 previous felony charges. So many misdemeanors I could not count them if I had to and three near-death experiences that were so close I am still amazed. I know God had His hand on me, and I am here for a purpose.

PART OF THE 5%

Elevate Her-Story Lifestyle Magazine

I have never been so low, I felt like all hope was lost. The amount of time I was facing, was absolutely terrifying. All I wanted to do was sleep, but the fear of spending the next 20 to life in prison kept me up with this pit of despair in my stomach.

It took me weeks to admit what I was facing, saying, it out, loud made it real. When I told them what my new charge was one of the ladies was began telling me they would give me SAFEP which is a treatment facility ran by the Texas Department of corrections it's a 6 to 9 month program.

I started to argue with her and say "No they won't, I've been to prison two times already. I'm on parole right now."

Instead, I said, "You know what you're right I've never been to treatment and that's what I'm going to do."

I was saying, "I'm not going to limit what God can do", and at that exact moment, the speaker came on with the jailer telling me my lawyer was there to see me.

I told my attorney that I had refused treatment in the past and that I wanted to go to rehab. I knew I was meant for more and the thought that maybe I could change began to take root.

Harrison County jail was my saving grace. I had no clue how long I would be there or how I was ever going to be any different. I just knew come hell or Highwater I was going to.

At that time I had already began to understand that I could control my thoughts. I can thank my ex-husband for that. He may have been a lot of things, but he was also the first person who told me I had the power to choose what I thought about.

When I would start reliving events from the past, I would immediately start praying, saying all I was thankful for and it worked! I stopped constantly replaying things that had happened. A few months into that last stay in jail I met a lady who told me she had been sober for 17 years, and that when she first quit, she would recite the Lords prayer over and over. She started just saying the Lord is my shepherd I shall not want meth. She said, those first couple days she said it thousands of times, but she didn't get high and over the next month the desire to do so lessened.

PART OF THE 5%

Elevate Her-Story Lifestyle Magazine



I had heard about positive affirmations, and honestly thought they were stupid, but after hearing her story, I started to wonder if maybe they were onto something. I spent hours every night walking little tiny laps around a cell that was 16x20 feet with four women, two bunk beds, a metal, four-person table, TV, shower, and a toilet/sink combo. There was nowhere to go; eight steps and I was at a bunk, 10 steps back to the opposite wall, three steps to the table and then back again. I began telling myself over and over for hours at a time, "The Lord is my shepherd I shall..." Originally, I started with "I shall not want drugs," but a few minutes into saying that I decided I was not going to repeat the things I didn't want and instead I focused on the characteristics or qualities I wanted to be. So I started saying, "The Lord is my shepherd I shall be successful. I shall be prosperous. I shall be sober. I shall have a relationship with my son. I shall be kind. I shall be generous. I shall be all these characteristics that I wanted to be," but I would always loop back to, "I shall be successful. I shall be prosperous."

PART OF THE 5%

I did that every night for the next 18 months. At first, I felt like an idiot. There was definitely a part of me that was trying to keep me believing the lies I had told myself for years. But I kept saying it, and after a few days or maybe a few weeks, I started to think that maybe it was possible. After a couple of months, I had absolutely no doubt that I was all those things. During that time, I still had no clue what my fate would be; I just kept saying I'm going to treatment. In my core, I knew that I was going to rehab. Even though it went against what typically happens to people with a past like mine, I just knew. I didn't know when I would be released, but I knew going back out there without a plan wasn't an option. During one of my nightly walks, I decided I was going to go back to school, reopen Cosmetic Architecture, and turn it into a med spa. How I would go about doing those things, I did not know, and now looking back the how did not matter. The only thing that mattered was, I knew I was going to make it happen. That somehow, someday, one day, it would be all I could ever imagine and more. I have to say I was right about all of it.

This was the first thing I willingly started and saw through to the end. Once I got my license, I was hired to work at a med spa, and I was so excited. It was the exact job I had envisioned.

I immediately enrolled in the laser technician program and my first injector course. Shortly after completing both of these courses, I stumbled across the most beautiful salon gallery that had one suite for rent.

I went and looked at it and signed a one-year lease on the spot. I had no equipment, no products, and no clue what to do next.

I called my best friend and told her what I had done. While we were talking, I said there has to be someone who decided to move on and is selling everything I need.

That night, I found that person and the next day, I drove six hours to Austin and bought every piece of equipment I needed for pennies on the dollar. One thing I have learned is that the path will present itself; the only requirement is taking a step forward. Sometimes I am able to see the next ten steps, so it's easy to keep going. But sometimes the way is being made and I have to wait in the dark. When it is time to take the next step, the path is brought to light.

The product line did not come quite as easy as the building and the equipment.

I have spent the past year researching and trying different lines. I have yet to find the perfect one for Cosmetic Architecture.

What I did find is the manufacturer of the powder forms of the ingredients I am fascinated with... My passion for the process of change has yet to subside.

I get to spend every day doing something that I truly love, and in doing so, I get to help women change what they choose.

Cosmetic Architecture is rapidly approaching its one-year anniversary!! This is just the beginning; there is so much more that I will do.

I began this life as part of the 95% of people who do not believe they are capable of making lasting, intentional changes in their lives.



**“I WILL LIVE THE
REST OF IT, SHARING
MY JOURNEY ON
BECOMING PART OF
THE 5%.”**

- AMBER DORRIS

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BE YOUUnique

Sometimes being different can be hard especially for girls in their teenage years. I remember when I was in high school, I wanted to be tall, so bad. I begin to wear shoes with a heel or wedge because I wasn't happy being short! As I got older I began to embrace my shortness, gradually. I would meet tall people and they would want to be short, so I was like maybe being short isn't such a bad thing. This may sound mean, but when I met people shorter than me I would get a little excited because I was taller than someone.

Being short has it's advantages, you get to wear the really cute shoes that cost less(sometimes)! God helped me to embrace my shortness. So, if you are struggling with being different....STOP and ask yourself, what if we looked like everyone else? The world would be such a boring place! Embrace being YOUUnique, being different, being one of a kind; hand picked by GOD. Whatever YOUUnique thing you were born with let it shine for the world to see and BE YOUUnique!

Be
YOU

Joyia Thrives



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