

hope + wellth

MAGAZINE

**PEACE, PURPOSE
& PRESENCE**

an interview with
Broadway actress

Tryphena Wade

**What if I Fail
Again?**

by Aliaa Remtilla, Ph.D

Meet 25 Wellthy Women

**The Emotional
Side of Money**

by Glenny Rosario

**The Role Wellness Plays
in Entrepreneurship
With The Founders of**

Vontélle

**Special
Edition
Issue**



NOIRE ESSENTIALS


MORE THAN A CANDLE, IT'S A WELLNESS RITUAL

Crafted with intention, Noire Essentials candles and room sprays fill your space with restorative aromas—elevating your mood, enhancing relaxation rituals, and bringing a sense of calm to your home.



Discover your signature scent today!

Explore our collection at <https://noireessentials.net>

 noire_essentials

CONTENTS

Issue 3 | SUMMER 2025



Clear Mind, Clear Vision

3 EDITOR'S LETTER

Hey Friends!

Clear mind, clear vision

13 STORIES THAT HEAL

Turning Trauma Into Triumph

How adversity shapes resilient entrepreneurs

14 STORIES THAT HEAL

The Business of Healing

How one entrepreneur turned their pain into purpose

16 EXPERT ADVICE

The Benefits of Planned Pauses

The hidden power of downtime in business success

18 EXPERT ADVICE

Entrepreneurship & Therapy

Why every business owner needs a mental health plan

20 EVOLVE & GROW

Becoming Her

The power of intentional manifestation in business and life

22 EVOLVE & GROW

Journaling for Clarity

How writing can help you manifest success

24 COVER STORY

Vision That Speaks Volumes

How Vont lle is redefining eyewear with confidence, culture and clarity

30 WELLTH & SUCCESS

The Emotional Side of Money

Breaking through limiting beliefs around wealth

32 WELLTH & SUCCESS

Why Your Evening Routine as an Entrepreneur

Matters more than you think

34 WELLTH & SUCCESS

Purpose and Profit

Establishing a business and legacy as a business owner of color

36 WELLTH & SUCCESS

Holistic Wealth

Redefining success beyond just money



CONTENTS

Issue 3 | Summer 2025



98 LIFESTYLE
You Deserve Your Eat, Pray, Love Moment

102 LIFESTYLE
Meal Prep for the Busy CEO
How to eat well without losing time

104 STUDIO WELLTH
Biographies and Memoirs
That will motivate you to create your own lane

106 STUDIO WELLTH
Headphones In, World Off
A playlist for peace, productivity and power

38 WELLTHY WOMAN SPOTLIGHT
Tryphena Wade
Choosing peace, purpose, and presence

44 RELATIONSHIPS
How to Nurture Relationships
While building your empire

49 DEAR HOPE+WELLTH
Budgeting as a Freelancer

51 DEAR HOPE+WELLTH
What if I Fail Again?

54 WELLTHY 25
Redefining Success, Reclaiming Self-Care
Meet the 25 women thriving without sacrificing their wellness

96 LIFESTYLE
Style That Succeeds
How power dressing transforms your mindset and performance



EDITOR'S LETTER



Hey Friends,

The idea of Hope+Wellth Magazine came to me after years of working with mental health clients who, like myself, had unknowingly gotten stuck in what I call “the healing loop.” We were doing all the things, the therapy, the journaling, the shadow work...but we weren’t actually living. Healing had become its own comfort zone, just as toxic and limiting as the stress or trauma we were trying to escape.

That realization was the spark that lit this entire platform. I created Hope+Wellth not only to help my clients (in a different way) and readers, but to hold myself accountable, too. Because the truth is, it is possible to get obsessed with healing and figuring things out all the time. However, it is also true that you can absolutely heal and live at the same time. You can start a business, deepen your relationships, explore new passions, write that book, take that dream trip or finally feel at home in your own space. Yes, healing is important, but so is living.

This issue, *Clear Mind, Clear Vision*, is probably my favorite so far because it’s all about that powerful intersection between wellness and purpose. We’re exploring how caring for your mind, body and soul fuels entrepreneurship, advocacy, leadership, creativity and the bold pursuit of your dreams. You’ll also meet 25 incredible women who embody that truth everyday. Along with every single writer in this issue, their stories, insights and boldness are a reminder that you don’t have to choose between growth and grace, or between ambition and alignment. You CAN have both.

My hope is that this issue speaks to the part of you that’s ready to step out of the healing loop and start manifesting, moving and building like the woman you’re becoming because she IS worthy. She’s worthy of abundance. She’s worthy of joy. She’s worthy of her wildest dreams. She’s worthy of not just processing or surviving, but fully and intentionally living.

Take Care,

Lynnette Price

Editor-in-Chief
Hope+Wellth Magazine





Your Guide to Hope, Wellness & Wealth

PUBLISHER & FOUNDER

Renee Patterson
Lynnette Price

EDITOR IN CHIEF

Lynnette Price

CREATIVE & ART DIRECTOR

Renee Patterson

COPY EDITORS

Renee Patterson
Lynnette Price

CONTRIBUTORS

Cynthia Agyeman-Anane
Tammy Davis
Sammesha Dominguez
Joy Ewing, MA, LMFT
Alexandra Garrett
Erin Nikole Gums
Dr. Rebecca Hubbard
Lynn Lewis
Marcus Norris
Jasmine Renae Ray
Aliaa Remtilla, PhD
Glenny Rosario
Maya Rufino, LCSW
Nicole Garner Scott
Ariel Travis

PROJECT COORDINATORS

Renee Patterson
Lynnette Price

Our magazine celebrates and uplifts the voices of all BIPOC women, creating a space where diversity is not only represented but celebrated. We are committed to creating an inclusive environment where all BIPOC women feel seen, heard and empowered. We believe in embracing the full spectrum of identities and experiences, ensuring that our content reflects the beauty and strength of all BIPOC women, everywhere.

HOPE+WELLTH MEDIA

Indianapolis, Indiana 46268 | www.hopewellthmedia.com
HOPE+WELLTH MEDIA IS OWNED BY MOODWELLTH™ LLC COPYRIGHT 2025

*"Trust in the Lord with all your heart,
And lean not on your own understanding;
In all your ways acknowledge Him,
And He shall direct your paths." - Proverbs 3:5-6 (KJV)*

CONTRIBUTORS



CYNTHIA AGYEMAN-ANANE

Cynthia Agyeman-Anane is a Licensed Clinical Therapist in the states of MD, DC & GA. Cynthia is the CEO & Founder of Conversations Create Change LLC™, a group therapy practice that services individuals, families and couples. Cynthia is a Gottman Method Level III and AEDP Level II Therapist specializing in interpersonal and relational issues. Cynthia uses her relatable and fun online platform Talk All About It to share mental health resources and information. Cynthia is an entrepreneur, mother and wife who loves to watch reality TV, write, read and travel.



TAMMY DAVIS

Tammy, owner and operator of Dish With Tam Events is a native of Indianapolis, IN. She is a passionate and skilled personal chef with over six years of professional experience crafting customized, healthy, and delicious meals for individuals and families. She specializes in diverse cuisines, including soul food and health conscious meals with a focus on using fresh, seasonal ingredients. Tammy is known for creating tailored meal plans that meet dietary preferences and restrictions, providing an elevated dining experience in the comfort of your home. You can reach Tammy at dish.with.tam@gmail.com.



SAMMESHA DOMINGUEZ

Sammesha Dominguez is a book influencer and content creator behind the social media page Lit_Vibrations where she amplifies Black authors, Black stories and encourages readers to read Black books all year round. Follow her on Instagram for updates on the latest book releases, recommendations and book reviews.



Is your child's
language
development
blossoming at the
pace you hoped?
Don't worry, you're
not alone!

BOND2BLOSSOM

BOND 2 BLOSSOM'S MEMBERSHIP PLATFORM IS HERE TO HELP!

Membership Benefits

- \$9.99 per month/\$120.00 annually
- Access to various courses aimed at helping your child improve their learning
- Benefits kids ages 5 months old to 5 years old
- Interactive videos
- Payments made through Authorize.net

Why Should You Become a Member:

- Give your child the gift of confident communication: Equip yourself with the tools to unlock their full potential.
- Access a comprehensive library of engaging and evidence-based learning resources, developed by speech-language specialists.
- Build a stronger foundation for your child's future success by investing in their communication skills today.

Don't
Miss
Out!



 www.bond2blossom.com  info@bond2blossom.com

JOIN NOW

CONTRIBUTORS



JOY EWING, MA, LMFT

Joy Ewing, MA, LMFT is a Licensed Marriage and Family Therapist and founder of *Joy Life Counseling* in Aurora, Colorado. She is the first Black therapist in Colorado certified in Emotionally Focused Therapy (EFT), reflecting her dedication to culturally responsive care. Joy specializes in helping Black women heal from trauma and reclaim their identities in a safe, affirming space. She supports individuals, couples, and families—particularly those from marginalized communities—while working to break mental health stigma in communities of color. Her integrative approach includes EFT, EMDR, Gottman Method (Levels I & II), and LENS Neurofeedback, addressing trauma, anxiety, depression, life transitions, and relationship challenges.

She's especially passionate about guiding Black and multicultural couples in deepening emotional connection. Joy holds degrees from Prairie View A&M University (B.S. Psychology) and Regis University (M.A. Marriage and Family Therapy), where she earned the Leadership of Excellence Award.



ALEXANDRA GARRETT

Alexandra Garrett, founder and curator of *The Afternoon Edit*, is a dynamic beauty and style blogger known for her trendsetting aesthetic and innovative approach to fashion. With a passion for curating chic looks and embracing unique style, she inspires readers to express their individuality. Drawing on years of industry experience, Alexandra effortlessly blends classic elegance with modern flair. Her insightful commentary and creative vision have made her a trusted source in the fashion community, empowering followers to redefine style with confidence each day globally.

www.theafternoonedit.com
Instagram: @theafternoonedit_
YouTube: [YouTube.com/theafternoonedit](https://www.youtube.com/theafternoonedit)



ERIN NIKOLE GUMS

Erin Nikole Gums is a Future Self Embodiment Coach, breathwork guide and CEO of *Tap into your Wellspring*, a platform for women looking to connect with the lives and careers they deserve—on their own terms. She is a certified coach with a BA from Harvard and MBA from Berkeley residing in Los Angeles, CA.

Instagram: @tapintoyourwellspring
Threads: @tapintoyourwellspring
LinkedIn: Erin Gums <https://www.linkedin.com/in/eringums/>

CONTRIBUTORS



DR. REBECCA HUBBARD

Dr. Rebecca Hubbard is a licensed clinical psychologist, certified Kemeti Yoga instructor, former student-athlete, and recovering perfectionist. She has been on her wellness journey since she was a teenager and uses her personal experience and professional training to co-create spaces for healing and growth in her Chicago-based private practice. She educates about self-care through her newsletter, "Turn Self-Care Into Your Superpower", online courses, and workshops.



LYNN LEWIS

Lynn Lewis, a Certified Grief Educator, is the Visionary and Chief Empathy Officer for Destined To Thrive Grief Coaching, a speaker and an author. She supports adults who are ready to move forward with living meaningful, impactful and purposeful lives despite having experienced the loss of a loved one. For more information go to www.destinedtothrivegriefcoaching.com.



MARCUS NORRIS

Marcus Norris is a writer from Indianapolis, Indiana. Having written about music for over six years, Marcus has been well-versed in talking about the intersection of music and mental health. His own website, musiqtherapy.wpcomstaging.com has several reviews of amazing artists, and also includes quick tips on how to improve your mental health.

When he's not writing, Marcus is usually working out, playing video games, or having fun with his Beagle, Titus!

CONTRIBUTORS



JASMINE RENAE RAY

Jasmine Renae Ray is a CERTIFIED FINANCIAL PLANNER® professional, CFP Board Ambassador and the founder of Bamboo Financial Partners. She combines her background in social work and financial planning to empower entrepreneurs, individuals and families toward holistic wealth. Jasmine is the first Black female CFP® professional in the state of Oklahoma.



ALIAA REMTILLA, PHD

Aliaa Remtilla, PhD is a Harvard-trained anthropologist, executive coach and startup founder. She's conducted research in over 20 countries, led nonprofit programs across three continents and raised \$1M+ as co-founder of a VC-backed tech company. Today, she works with high-achieving professionals at a crossroads – helping them move through fear, find clarity and build lives and careers that actually fit. Learn more at www.aliaremtilla.com. You can connect with Aliaa on LinkedIn at www.linkedin.com/in/aliaa-remtilla.



GLENNY ROSARIO

Glenny Rosario is a Certified Life Coach, author, and host of the *Manifesting Mamas* podcast. With her book, *my 10 Minutes of Affirmations for Everyday Situations*, she helps individuals overcome limiting beliefs and build confidence through positive thinking. Glenny's coaching services, including her new Healthy Self-Confidence Masterclass, empower women like you to prioritize family, embrace their true selves, and create fulfilling lives.

CONTRIBUTORS



MAYA RUFINO, LCSW

Maya Rufino, LCSW is a therapist and business owner in California. Maya specializes in helping people-pleasers and perfectionists set boundaries and engage in self-care, with a focus on BIPOC women.



NICOLE GARNER SCOTT

Nicole Garner Scott is a financial representative based in Atlanta. Nicole takes a unique approach in her practice by helping people achieve financial security through holistic integrative planning. By connecting pieces of her client's financial puzzle and determining if they are working together in a coordinated strategy, she helps create their ideal financial picture and map out their legacy. With over a decade of experience in entrepreneurship, she believes there is more opportunity to serve by helping mitigate losses through structuring a well designed plan. To learn more about Nicole Garner Scott, you can visit <http://nicolegarner.nm.com>.



ARIEL TRAVIS

Ariel Travis is a pediatric medical speech-language pathologist, international speaker and creator of *Wander Lounge* podcast. *Wander Lounge* podcast empowers women to travel the world with confidence; inspired by her travels to 27 countries. You can connect with her through her website wanderloungepodcast.com or through her socials @wander_lounge.

Photo Credit: Daniel Turbert Photography

The
MORE *Confidence*
LESS *Compromise*
Planner



Plan your goals.

Protect your peace.

Prosper with purpose.

Includes:

- Monthly Budget Planner
- Weekly Check-in
- Burnout Warning Checklist
- Dream Life Mapping
- Monthly Intentions, Self-Reflections & Awareness
- and more

GET YOUR COPY NOW

www.hopewellthmedia.com

STORIES THAT HEAL

At Hope+Wellth, we believe in the transformative power of storytelling. Stories allow us to learn, grow, and heal by sharing our experiences with others. Whether you're sharing a real-life experience, a fictional tale with a message rooted in truth or an anonymous account of a personal journey, your story has the potential to inspire, comfort and empower others.

We invite you to submit your personal stories to be featured in our magazine. Your story can be submitted anonymously or you can choose to share your name—whatever feels most comfortable for you. Our hope is to create a safe space where voices are heard, hearts are touched and healing begins.



Turning Trauma Into Triumph: How Adversity Shapes Resilient Entrepreneurs



BY JOY EWING, LMFT

When I first opened the doors of Joy Life Counseling in December 2019, I had no idea that only a few months later, the world would change. Like many, I entered that new year with hope, expectation and vision. I had taken a huge leap of faith. I was a new business owner. I was building something that, for me, felt sacred—a space where healing could happen for people who looked like me. A space I didn't often see growing up.

Then came the pandemic.

In March 2020, my office, like so many others, had to shut down. I had just bought furniture for my practice—play therapy supplies, books and beautiful décor for the office. I had no choice but to shift to telehealth. I had never done telehealth before; all of my clients were in person before the pandemic. Overnight, the in-person care I had trained for and poured myself into had to become virtual. And even though I didn't feel ready, I adapted. Because I knew that my clients still needed someone to hold space for them, and I knew that I still needed to show up.

Opening a private practice was never something I thought I'd do so soon after graduate school. I didn't come from wealth or a long line of entrepreneurs. I was the first in my family to go to college. And when my father passed away, I used the money from the sale of his home to start my business. That was all I had. It wasn't a big inheritance, but it was sacred. It was filled with love, loss and legacy. And that's what built Joy Life Counseling.

When the pandemic forced me to shift my entire business model, I had to draw on every ounce of resilience I had. But the timing, though hard, ended up being part of the story. Mental health support became even more necessary in the wake of collective grief, racial injustice, isolation and anxiety. And I'm thankful I was in a position to meet that need of my community. What started with just me has now grown into a group practice of four therapists—each of us committed to healing our communities. Each of us carrying our own story of triumph.


I often return to the words of Tricia Hersey in *Rest Is Resistance*. She reminds us that rest is not a luxury. It is a right. It's a way of reclaiming ourselves from systems that were never built to protect us. As a Black woman in leadership, I carry that truth into how I work, how I supervise and how I care for my team. Healing work cannot happen when we are running on empty.

Tricia speaks about building liberatory spaces

grounded in justice, love and care. That is what I strive for at Joy Life Counseling. A space where Black and Brown clients don't have to over-explain their pain. Where we center our stories. Where we believe that trauma doesn't get the final say.

Starting a business during such uncertain times taught me that resilience is not about perfection. It's about showing up. It's about trusting that what we're building matters, even when the world is uncertain. I didn't have a blueprint, but I had purpose. I didn't have a big team, but I had heart. And slowly, that has been enough.

To anyone walking through adversity—whether personal, professional or both—I want you to know that your story still has power. That even in the midst of trauma, something beautiful can emerge. Something healing. Something transformative.

This practice, this work and this journey have been shaped by so many moments of uncertainty, grief and growth. And I'm still here. We're still here. And we're not just surviving—we're building something rooted in love, legacy and liberation. 



Joy Ewing at her private practice, Joy Life Counseling



Photo from freepik.com

The Business of Healing: How One Entrepreneur Turned Their Pain Into Purpose



BY LYNN LEWIS

“Turn your pain into purpose” is a statement I had heard used many times over the years, especially in relation to navigating life after it had been disrupted by a riveting experience. While I had faced and triumphed through a great many challenges during my lifetime, nothing prepared me for the one that was waiting in the balance. I had never truly considered the magnitude of what turning pain into purpose could feel like—or the agony of the process—until it happened to me.

On the late night of Sunday, August 4, 2019, as we were preparing for bed, my husband and I received a visit from the local police and fire departments. At that time, our beloved son, Daniel Brooks Lewis—a professional firefighter—had been missing for six days, his whereabouts unknown. The officials’ visit was to inform us that he had been found deceased in another state, about five hours from where we lived. Pain, agony, confusion and a million and one questions became my constant companions for days to follow. To add insult to injury, we were told that his death was by suicide.

Seven months after Daniel’s death, I made a declaration to myself: while this tragedy would be a part of my life for the rest of my life, I would not allow it to consume me. As painful as it was to bear, I was determined not to die with my one and only child. I decided I would not only survive—I would thrive in the aftermath of his death. I committed to living an impactful, meaningful and purposeful life. At the time, I didn’t know how, what it would look like or what it would entail. I certainly had no idea that my purpose was wrapped up in my pain, waiting to be revealed.

At the time of this writing, it has been six years since my son’s passing. I wish I could tell you that once I made that declaration the journey was grandiose—but no, not at all. Participating in a Survivor of Suicide Loss support group was helpful. I also employed a paid friend, also known as my therapist. In my search for how to fulfill my desire to thrive, I became a Certified Grief Coach. I thought I had healed enough to begin living that impactful, meaningful and purposeful life I’d envisioned.

But no.

By this point, I was three years into the journey—and it was so hard. The myriad emotions—embarrassment, shame, anger, numbness, joy and sorrow; the unanswered questions; the vacillating between fantasy and reality; the brain fog; the triggers that activated my grief; and the grief bursts—all took their toll. It took me about six months to steady myself and gain clarity on what I was supposed to do moving forward. I didn’t like being in that space, but I now know it was part of the process of turning my pain into purpose. The quote attributed to Keanu Reeves, “Grief changes shape, but it never ends,” rang true for me. By that time, my grief had changed shape drastically, but it was still very present.

During that time, I also found myself searching for meaning behind the idea of living a meaningful life despite the tragedy that had shown up uninvited. I thought, There must be some meaning behind this gut-wrenching, overwhelming, unexplainable occurrence—but what could it be? In his TED podcast, *How to Find Meaning After Loss*, grief expert David Kessler talks about seven factors that guide the concept of meaning as it relates to grief. He explains that meaning is found in us—not in the loss. Once I embraced the idea of finding meaning in what I would do, rather than in the death of



my son, I was finally able to move forward in turning my pain into purpose.

Destined to Thrive Grief Services, LLC had already been born; it was now time to nurture it. In it lies my purpose: to support adults who have experienced the death of a loved one, who are ready to move forward despite their loss but are stuck in that “Now what?” space and want some guidance. I love that I get to guide them as they move from pain to peace, heartbreak to happiness, and grief to gratitude—at their own pace—in one-on-one coaching sessions. My compassionate approach reassures my clients that while grief never disappears, they are not alone—and they can still live fulfilling, meaningful, and purposeful lives.


In addition to my coaching practice, I developed two mini-workshops. S.T.I.N.G. the Stigma of Suicide focuses on how to effectively navigate the stigma associated with suicide. The other, The ABCs of Self-Love, emphasizes the importance of practicing self-love unapologetically while navigating grief.

As a speaker, I readily share my lived grief experience with audiences seeking speakers for loss- and grief-related conferences and summits. I’m also a frequent guest on podcasts across the nation and internationally.

In 2021, I had the privilege of telling my grief story as a co-author in *Prepare for Purpose – Your Invitation to the Next Level*, a book collaboration I participated in with nine other phenomenal women. In 2024, I published *My Suicide Grief Journey Journal & Memory Book*.

While turning my pain into purpose has not been an easy feat, it has been a fulfilling one. I am often asked how and why I do what I do. The answer is easy and always the same: First, it is a key component of my own healing. Second, my story is the solution someone is looking for—or perhaps the life jacket that helps keep someone afloat. Despite the vastness of what I do and the vulnerability it sometimes entails, it is all worth it if it makes a difference in the life of just one person or family.

In doing so, I am often reminded of a quote by Dr. Caroline Leaf:

“Your purpose is not the thing you do. It is the thing that happens in others when you do what you do.” 

To submit your story, email us at stories@hopeandwellth.com. We look forward to reading your unique experiences and celebrating the power of storytelling together.



Photo from freepik.com

The Benefits of Planned Pauses

The Hidden Power of Downtime in Business Success

BY DR. REBECCA HUBBARD

OFTEN, IT'S AN AFTERTHOUGHT. YOU ADD all business tasks to your calendar before finding free time slots for personal care and spending time with friends and family. Of course, it seems like there is never enough time! Or maybe downtime and self-care are typically a reaction to recognizing burnout symptoms in team members or leaders in the business.

Business ownership and entrepreneurship provide freedom, responsibility, and opportunities. Every entrepreneurial journey includes a critical challenge that reveals itself immediately to those with unhealed hyper-productive tendencies. The conflict between the freedom of business ownership and the demands of hustle culture constantly pulls at entrepreneurs. Often, hustle culture dominates the business world. However, the strategic use of rest can promote business

success and personal well-being and fulfillment.

Our society's emphasis on productivity creates mental and physical exhaustion that produces illness and deep life dissatisfaction despite reaching business targets. Most people adopt this work-intensive lifestyle because they aim to achieve success through nonstop effort according to the traditional "American Dream." In real life, this type of approach to work typically results in burnout, deteriorated relationships, health problems and personal regrets (Whyatt-Nichol, 2011)¹. There is another way. You can include rest as a strategic component of your business. Rest is not the opposite of work, it is a critical part of the process. There is power in downtime.

There is a reality that in certain industries like healthcare and finance, downtime can be very expensive for large companies (Flower, 2024)². However, small and growing businesses in other industries are not in the same position. Small businesses may find it rewarding to enhance mental clarity and reflection through intentional rest periods. While periodic planned rest may seem like a financial risk, it also provides business leaders and team members space to come up with new ideas and envision the company's future. As so often, the risks and benefits need to be weighed based on the business size, industry and current financial needs.

Downtime in business can show itself in daily breaks, certain hours during the week, or quarterly days. These breaks are in addition to standard leave and holidays. Downtime could be structured or unstructured. Most importantly, during downtime, the business runs at its lowest operational level. Sales, profit and progress are deliberately deprioritized. When downtime is part of the planned business schedule, several benefits become available, including increased creativity, stronger relationships and a more sustainable work process.

Creativity

Most businesses can benefit from downtime to support creative problem-solving abilities and generate new ideas while maintaining confident direction for the next steps of the business. A well-rested mind leads to better decision-making and a healthier company culture, which results in good business. This is especially true for taking breaks throughout the workday to step back

from a problem or project and see it with fresh eyes (Lu, 2017)³.

In addition, creativity in problem-solving and other business-related tasks is best fueled by a brain that is not stressed. Cortisol, the infamous stress hormone, can make it difficult to absorb new information or generate new ideas. When team members are more relaxed and have time for their minds to wander, there is room for the brain and body to be out of survival mode and make new connections between concepts (Jabr, 2016)⁴.

Relationships

Business success is defined by multiple outcomes. While hustle culture prioritizes profit as the most important outcome, there are others. Many businesses prioritize their relationship with their community and the well-being and personal fulfillment of their team members. Businesses with these values can use downtime to focus on the health of their employees and community members to establish sustainable, meaningful relationships.

A business that values human needs can express this value by ensuring that team members can nurture their relationships with each other at work and nurture their relationships outside of work as well. Building relationships requires time and space. Creating opportunities for shared experiences and for casually spending time at neighboring businesses and community spaces can lead to deeper trust in the business. The purposeful


allocation of time for connection helps people maintain emotional health while developing a sense of community and strengthening their dedication to core values. A company culture built on connection can create a foundation for a resilient and purpose-driven future.

Sustainability

Planned, deliberate pauses in the workday, during the week, and in regular intervals could slow the speed of growth and the increase in profit. However, "Not all speed is movement" (Toni Cade Bambara, 1970)⁵. A slower pace, especially for small businesses, can be more sustainable. It promotes the long-term health of owners and team members, thereby contributing to the long-term success of the business. A slower pace can be a powerful tool to prevent burnout, allowing people to rest and recharge before it is "needed". This proactive approach to downtime can increase the loyalty of team members and overall satisfaction with work-life balance. Rest prevents burnout while enabling teams and leaders to recover mentally so they can tackle challenges with fresh energy and new perspectives.

Practical Ideas

1. Plan regular breaks and downtime and perhaps consider a 4-day workweek, even if it's not for the entire year.
2. Business owners are encouraged to model this slower pace by taking time for themselves and managing their own workload with rest and scheduled downtime.

3. Create a work culture that values mental health and wellness (e.g., offering paid time off, promoting mindfulness and creating quiet spaces).
4. Every business owner is also a consumer and customer of other businesses. As a consumer, make efforts to stay loyal to other small businesses as they figure out their best downtime schedule. Consider engaging with those businesses with a little extra compassion because once they figure out their ideal rhythm, you and other customers will greatly benefit from a business that can sustain and nurture their community. 

Your business should not dehumanize you. Rest is a vital aspect of being human.

¹ <https://www.emerald.com/insight/content/doi/10.1108/ijotb-14-02-2011-b006/full/html>

² <https://www.forbes.com/councils/forbestechcouncil/2024/04/10/the-true-cost-of-downtime-and-how-to-avoid-it/>

³ <https://hbr.org/2017/05/to-be-more-creative-schedule-your-breaks>

⁴ <https://www.scientificamerican.com/article/q-a-why-a-rested-brain-is-more-creative/>

⁵ <https://blackfeministmind.wordpress.com/wp-content/uploads/2010/03/toni-cade-on-the-issue-of-roles.pdf>



Photo from freepik.com



Photo from freepik.com

Entrepreneurship & Therapy

Why Every Business Owner Needs a Mental Health Plan

BY JOY EWING, LMFT

When I launched Joy Life Counseling, I was operating with equal parts faith and grit. I didn't have investors or a big safety net. I had a vision, a deep sense of calling and the funds from selling my late father's home. That was the only capital I had to start building what is now a thriving group practice.

Today, Joy Life Counseling is home to four incredible therapists. But it didn't start here. I began alone, fresh out of graduate school, without many examples of people who looked like me opening private practices—especially straight out of school. What I did have were memories of watching my grandmother run her beauty salon. My grandmother, Ann, led with strength, compassion and purpose in everything she did. I have also witnessed my aunt, Lishall, run a successful beauty salon. I've learned from her what it means to fully own and operate a successful business. These were my blueprints. Their examples taught me that Black women have always made a way, even when resources were scarce.

The Mental Load of Leadership

Entrepreneurship often looks glamorous on the outside. We scroll through highlight reels on social media filled with business milestones, perfectly curated brands, and images of success. But behind the scenes – it's a heavy lift. Running a business comes with its own unique stressors, which include late nights, financial uncertainty, decision fatigue and the emotional labor of being "on" all the time. Add to that the responsibility of holding space for others as a therapist and leader, and it's easy to lose yourself in the work.

For me, therapy has been a lifeline—not just something I offer to others, but something I rely on myself. It's helped me stay grounded and clear-headed. It's where I've unpacked fears, processed grief and given myself permission to slow down when everything around me said to keep pushing.

The Case for a Mental Health Plan

Every entrepreneur needs a mental health plan. Not a vague idea of self-care, but a structured approach to maintaining emotional, spiritual and psychological well-being. The truth is, your business will only grow as sustainably as you do.

For Black women in particular, the pressure to succeed is often tied up with generational expectations and cultural messages about strength and survival. But as Tricia Hersey reminds us in her book, *Rest is Resistance*, "You are not a machine, stop acting like one." Her words have stuck with me. Rest isn't weakness—it's our right. It's also a critical component of leadership.

Likewise, in *Black Joy*, Tracey Michael Lewis-Giggetts invites us to see joy as something deeply rooted—not performative or shallow, but essential to our healing. Her reflections helped me reclaim joy as a vital part of my wellness plan, not just something I earned once everything was "handled." Joy is resistance. Joy is rest. And joy is medicine for the entrepreneur's soul.

What a Mental Health Plan Can Look Like

Every business owner's mental health plan will look a little different, but here are a few pillars I always recommend:

THERAPY:

Working with a trusted therapist allows you to process challenges, get unstuck and grow personally while navigating business demands.

BOUNDARIES:

Clear boundaries around your time, energy and availability protect your peace and prevent burnout.

REST AND RECOVERY:

Intentional rest is not optional. Schedule breaks, unplug regularly and listen to your body.

COMMUNITY SUPPORT:

Surround yourself with people who can hold space for you, whether that's a mentor, book club, healing circle or prayer circle.

CELEBRATION AND REFLECTION:


Don't wait for the "big win." Reflect on your journey and celebrate how far you've come.

Your Guide to Hope, Wellness & Wealth



We Can Build Without Breaking

As a Black woman entrepreneur and therapist, I've learned that we can't build sustainably if we're constantly depleted. Yes, we've been taught to be strong. But we're allowed to be soft too. We're allowed to heal, to rest, to be supported.

Starting Joy Life Counseling taught me the power of betting on myself. Expanding into a group practice reminded me that our dreams grow when we grow. What I know for sure is this: entrepreneurship doesn't have to come at the cost of our mental health. In fact, it can be the catalyst for our healing if we choose to honor ourselves along the way. So if you're building something from the ground up, just know this: you deserve care, you deserve joy and you deserve to thrive—not just in business, but in life. 

Photos from freepik.com



Recommended Reading

Rest is Resistance: A Manifesto by Tricia Hersey

Black Joy: Stories of Resistance, Resilience, and Restoration by Tracey Michael Lewis-Giggetts



Photo from freepik.com

Becoming Her

The Power of Intentional Manifestation in Business and Life

BY ERIN NIKOLE GUMS

I used to think manifestation was about thinking positive and maintaining a high vibe long enough for the universe to finally save me from my problems.

Have you felt this way, too?

The idea of “good vibes only” and “getting into the vortex,” when taken at face value, misses the mark on how manifestation actually works.

You see, manifestation is not about pretending to be something you’re not. It’s about remembering and accepting the truth of who you are—in all your perfectly imperfect glory.

Through all my years of studying and practicing manifestation, I realized something profound: it was me who would save me all along. With this practice, you get to create a life that feels authentic and true to you—no rescuing required.

Manifestation is actually very simple.

You must deeply believe in your vision for your future and that you are 100% worthy of receiving it. You must uncover, face and work through the limiting beliefs, fears and outdated stories that tell you otherwise. And finally, you must take action—not from who you used to be, but for who you are becoming.

For these affirming beliefs to actually take root, you must go beyond simply repeating affirmations to yourself. You need to work with the subconscious mind—which guides more than 90% of your beliefs and behaviors—and with your body, where so much of your trauma is stored.

I said it was simple, not necessarily easy. Like any new skill, it takes discipline and practice.

After 15 years of overachieving and climbing the corporate ladder—believing this was the only path to stability and

acceptance—the whispers inside became impossible to ignore: “There has to be another way.”

Through deep introspection, somatic practices and decisive action, I transformed my life. I now run my own business doing work that—even on the busiest days—never really feels like work.

I feel so blessed to genuinely say, “I love what I do,” and my personal life is more joyful and fulfilling than ever.

This is the heart of what I call Intentional Manifestation—the process I now guide my clients through.

THE MISSING LINK: WHY CONNECTING WITH YOUR FUTURE SELF CHANGES EVERYTHING

You’ve probably heard a lot about connecting with your inner child.

for good reason—reparenting your inner wounded parts is such a powerful part of your healing journey.

But when you're ready to call in something completely new, it's essential to connect with the parts of your subconscious that know more about the future you hope to create, versus exclusively focusing on the past patterns you no longer want to repeat.

Think of it this way:

Your inner child holds the wounds of the past, but your future self holds the blueprint for where you're going.

If you only focus on healing your past, you risk staying stuck in a loop of self-improvement—especially if you're recovering from perfectionism—without actually creating the life you desire.

You, today, represent the inner [your current age]-year-old self of a future version of you.

A future version of you who already has all the abundance, love, peace and confidence you seek.

A version of you who believes she's worthy of everything she desires.

A version of you who moves in alignment and authenticity.

A version of you who co-creates her life with the universe.

That version of you already exists in your subconscious. And she is guiding you toward the future you truly desire—not the one you're "supposed to" want, and not one ruled by running away from your past.

True manifestation is about becoming her.

This isn't just visualization. It is identity work at the deepest level. When you start living in connection with your future self, you naturally begin making decisions from a place of alignment and peace, rather than fear or old programming.

HOW DO YOU STAY CONNECTED TO HER?

I teach a framework I call The Three C's for Connecting with Your Future Self—to stay grounded in the energy of who you're becoming, even when life pulls you toward old patterns.

1 Consistency: Build the Habits of Your Future Self

Create daily and weekly routines, habits and rituals that allow you to connect with the future you want to call in. Spend time meditating, journaling or visualizing your future self.

- Make it real. Engage all of your senses.
- What would future you look like?

- How would she dress?
- How would she smell?
- How would she spend her time?
- What guidance would she have for you on how to show up today?

One of my favorite personal practices is the guided breathwork meditation I've developed to visit with my future self. It's incredibly powerful—especially when

used consistently. I call on this somatic visualization practice as much as possible to remain rooted in this energy, especially in the face of self-doubt or triggers.

Your inner child holds the wounds of the past, but your future self holds the blueprint for where you're going.

2 Consumption: Curate the Energy You Allow In

What you watch, read, listen to and who you follow affects your subconscious.

Your subconscious doesn't know the difference between "real" and "fake." So the energy you allow into your life has a major impact on what you believe is possible and acceptable for you.

Ask yourself:

Is the energy I'm consuming—in real life or online—affirming the future I consciously say I want for myself? Or is it affirming the old patterns I have outgrown?

A few years ago, I intuitively unfollowed any social media account that was filled with gossip and toxic stories about people I didn't even know. It made a world of difference for my inner peace, my openness to healthy love—and certainly, my ability to call in the most loving, supportive partnership of my life.

3 Community: Surround Yourself with Who You Want to Become

Your reality isn't formed in isolation. Relationships shape what you believe is possible—and what you believe is normal.

Surround yourself with people who are already living your future reality—or actively working toward it.

While you can certainly maintain relationships with people in different situations, it's important to normalize the vision you have for your future. Make it the baseline, not the exception.

Less than six months ago, I invested in a business mastermind led by a mentor I deeply respect. Being in daily conversation with other women of color, heart-led entrepreneurs radically shifted what I believe is not just possible—but inevitable for me.

In that short time, I've had my most successful months in business—more than doubling my return on that investment.

BECOMING HER—TODAY

Intentional manifestation isn't something you just read about or try once—it's a way of life.

And if you're an entrepreneur, it becomes even more essential. Building a business is like willing a new future into existence. It's

also the most intense personal and spiritual development journey you can take.

There's no hiding from your self-doubt.

There's no hiding from your

subconscious programming.

It'll be right there in your bank account, staring you in the face.

But here's why that's a blessing:

You can't hide from the parts of you that are keeping you stuck, and you know exactly where to look to unlock the next version of you.

Intentional manifestation is about stepping fully into the version of you who can hold all the challenging emotions, doubts and fears, as well as the abundance, success and joy you consciously desire.

It's about stepping into that new identity—today.

You don't get there by forcing or fixing.



Photo by bristeklegor | freepik.com


You get there by regulating your nervous system, trusting your inner voice and taking aligned action—one small step and one bold leap at a time.

You can start by getting quiet and connecting with your future self.

She's not some distant vision. She's already here—waiting for you to pay her a visit.

Waiting for you to become her.

Want to explore intentional manifestation on a deeper level or discover how it can transform your personal and professional life?

I'd love to connect with you. I founded **Tap into your Wellspring** to empower women of color and heart-centered leaders to live lives of greater purpose, peace and power—on their own terms. If that sounds like you, please reach out. 



JOURNALING FOR CLARITY

How Writing Can Help You Manifest Success

BY GLENNY ROSARIO, CERTIFIED LIFE COACH

Discover how journaling became the life-changing tool that helped me break through limiting beliefs, build confidence, and manifest the life I truly wanted—and how it can do the same for you.

Let me tell you something: if someone had told me years ago that writing in a journal would change my life, I would've laughed and said, "Yeah, okay... next suggestion, please." Because I didn't like journaling. At all.

Growing up, I thought journaling was something only dramatic teenage girls did in movies, writing about their crushes and secrets in little pink diaries with a lock and key. And let me tell you, I had three brothers—locks meant nothing in that house. If I wrote anything remotely private, someone was going to find it, read it and tease me for weeks. So, I skipped journaling altogether. Too risky. Too exposed. Too vulnerable.

Fast forward years later—I'm a certified life coach, an author and the host of a podcast about manifesting. And guess what I do every single day? Yep, I journal. Religiously. Passionately. Obsessively, even. Because journaling

has become the key to my clarity, confidence, and yes—my success.

The Gift I Wasn't Ready For

The first journal I ever received wasn't even something I bought myself. A friend gave it to me as a gift. On the cover, it said:

"May you be proud of the work you do, the person you are, and the difference you make."

I loved that message. It felt warm and empowering... but the journal? I didn't write a single word in it for two whole years.

Why? Fear. Doubt. And honestly, I didn't see the point. I had this belief that if I wasn't spilling my deepest secrets (which, again, I couldn't even name), then journaling was pointless. And what if someone did read it? No, thank you. I shoved that beautiful journal in a drawer and left it alone.

The Assignment That Changed Everything

Then something shifted.

I was working with a life coach at the time, trying to understand why I felt stuck in certain areas of my life—money, confidence, direction, relationships... all of it. I had big dreams, but they felt far away, like they belonged to someone else.

My coach gave me an assignment. She said, "I want you to write down everything you think for a whole week. Don't edit yourself. Don't try to sound wise or deep. Just write. Then read it back after seven days."

So, I did. And let me tell you—whoa.

I found my limiting beliefs hiding in plain sight. The things that came out of my head! Thoughts I didn't even know I was carrying. Little beliefs and stories I'd picked up somewhere along the way, just quietly running in the background of my head like some outdated software.

Things like:

- I'm too old to start over.
- People like me don't make that kind of money.
- I'm not good enough.
- It's safer to play small.

Sound familiar?

When I saw those beliefs written in black and white, I was shocked. Not because they were new—but because I didn't even realize they were mine. Journaling exposed the lies I had been telling myself—gently but clearly.

From Resistance to Release

What surprised me even more than



discovering those limiting beliefs? How good it felt to write them down.

It was like giving my mind a much-needed exhale. Like finally taking off a tight pair of jeans after a long day.

Writing became my release valve. My therapy session. My safe space to be honest without judgment. No one was grading me. No one was reading it. Just me, my pen, and the truth.

The more I wrote, the more I uncovered—not just fears and doubts, but dreams and desires I had buried under years of "shoulds" and "not yet." Journaling didn't just help me figure out what was wrong—it helped me remember what I wanted.

So, I kept going.

From Words to Manifestation

I started writing down my goals. My visions. My "what if I could really have this?" dreams. I wrote about the life I wanted, in detail. Not just vague ideas, but specifics: how I wanted to feel, who I wanted to become, what kind of business I wanted to build, how much money I wanted to make. I even started a separate gratitude journal, and I write down three things I'm grateful for every day.

And slowly, something magical started happening.

Over time, I started noticing a pattern. The things I was writing about—those wild dreams and big visions—they were showing up in my real life. Not overnight, but steadily. Like puzzle pieces falling into place.

I remember flipping back through my journal one day and realizing, "Wait... that thing I wrote last year? It happened. And so did that one. And that one too!"

It wasn't a coincidence.

It was clarity plus intention.

Writing it down gave me direction.

Direction gave me action.

And action brought the manifestation.

Journaling Is More Than Writing—It's Creating

Journaling became the bridge between

where I was and where I wanted to go. Now, I journal every day. It's as essential to me as brushing my teeth or drinking my cafecito in the morning. I write my intentions, my to-do lists, my dreams, my five-year vision, my gratitude list—all of it.

Some days I write two pages. Some days I write ten. Some days it's just a sentence like, "Today is going to be amazing." But the point is: I write. Because every time I put pen to paper, I'm declaring to the universe: I'm ready. I'm creating. I believe in my vision. And that's powerful.

Not Sure Where to Start? Try This.

If you're not sure how to begin, try these simple prompts:

- What do I want more of in my life?
- What's something I've been afraid to admit I want?
- Where do I feel stuck—and why?

Write the messy stuff. The silly stuff. The scary stuff. Write like no one's going to read it (because they won't—unless you also have three nosy brothers).

Or just free-write. Set a timer for ten minutes and let your thoughts flow. No filter. No judgment. No rules. Just write what comes up.

And if you're worried someone will read it? Hide it, lock it, shred it—whatever you need to feel safe. But don't let fear keep you from connecting with the most powerful voice in your life: your own.

This Is Your Invitation

Journaling is your safe space.

Your mirror.

Your vision board in written form.

Whether you're a busy mama, a business owner, a woman navigating big life changes, or just someone who knows she's meant for more—journaling is your invitation to pause and connect. With yourself. With your vision. With your truth.

Because the more you write, the more you'll see who you really are.

And she's amazing.

That journal I didn't touch for two years? It's now full. Cover to cover. Every page, a step on my journey to the woman I've become—and the woman I'm still becoming.

Now I teach other women how to do the same. I lead workshops, coach clients, and include journaling in my Healthy Self-Confidence Masterclass. Because journaling isn't just a habit. It's a lifestyle. An act of self-love. A tool for clarity and transformation.

So, if you've been waiting for a sign to start journaling—this is it. Pick up that pen, friend. Your future self is waiting.

VONTÉLLE



VISION THAT SPEAKS VOLUMES

*How Vontéle is Redefining Eyewear
with confidence, Culture and Clarity*

an interview with founders
& *Tracy Vontéle Green*
Nancey Flowers-Harris



When Tracy Green and Nancey Harris repeatedly found themselves frustrated by lost or ill-fitting glasses, they didn't just solve a personal problem—they sparked a revolution. As co-founders of Vontéle, the first Black women-owned eyewear company to land national partnerships with Nickelodeon and National Vision Inc., the duo is not only transforming an industry but reclaiming space that has long excluded diverse facial features, cultural influences, and personal stories.

In this candid conversation, they reflect on building a brand after 50, prioritizing mental wellness as entrepreneurs, and staying rooted in heritage without compromising vision.

FROM FRUSTRATION TO INNOVATION

Hope+Wellth:

What inspired you to transform your frustration of losing your own eyeglasses into a full-fledged business, especially one that champions Black culture and heritage?

Tracy Green & Nancey Harris:

They say, "Necessity is the mother of invention," and losing our glasses became the catalyst for a much larger mission. It wasn't just about solving our own frustrations—it was about filling a major gap in the market.

We saw that eyewear was mostly one-dimensional in design: narrow nose bridges, short temples, lenses that didn't suit our faces. And beyond the fit, there was no representation—no eyewear that celebrated the vibrant patterns, textures, and heritage of Black culture.

Vontéle was born from our desire to offer something bold, meaningful, and inclusive. Every frame tells a story rooted in African and Latin Diaspora designs. Our mission is not just about better-fitting glasses—it's about reclaiming space in an industry where we've long been overlooked.

BREAKING BARRIERS AND MAKING HISTORY

H+W:

What does it mean to you, both personally and professionally, to be the first Black women-owned eyewear company to secure partnerships with Nickelodeon and National Vision Inc.?

Tracy & Nancey:

It's both humbling and exhilarating. Personally, it represents years of perseverance and the power of staying true to our vision. Professionally, it validates our belief that inclusivity and culture matter in every industry—including fashion and optics.

These partnerships allow us to reach broader audiences—especially children and families—with products that are

both functional and culturally expressive. It's proof that authentic stories and representation resonate. And more than being the first, our focus is on ensuring we're not the last.



SEASONED AND STRATEGIC: THE POWER OF 50+

H+W:

How has being over 50 influenced your business approach and what unique strengths do you bring to entrepreneurship at this stage in life?

Tracy & Nancey:

We bring clarity, resilience and the ability to trust our instincts. Decades of life and professional experience have taught us how to pivot, build strong relationships and make decisions aligned with purpose—not just profit.

We know who we are. We're not just building a brand; we're building a legacy that champions inclusion and leaves room at the table for others.

ADVICE FOR DISRUPTORS

H+W:

Many luxury brands have historically ignored diverse perspectives. What advice would you give to other Black women looking to disrupt industries where representation is lacking?

Tracy & Nancey:

Start by owning your story. Here's what we've learned:

- Identify the Gap & Own Your Space. Your unique experiences are your advantage.
- Build a Network. Surround yourself with mentors and allies who support your vision.
- Stay Resilient. Your presence alone challenges norms—don't back down.
- Educate Yourself. Know the industry inside and out.
- Be the Change. Open doors for others as you climb.

Disruption isn't just entry—it's transformation.

CONFIDENCE IS A LENS WE CHOOSE

H+W:

Your eyewear is all about confidence. How have you cultivated confidence in your personal lives and how has it shaped your journey as entrepreneurs?

Tracy & Nancey:

Confidence comes from embracing who we are and where we come from. We've weathered personal and professional storms—and that resilience grounds us.

As entrepreneurs, confidence helped us step into an industry that wasn't designed for us and say, "We belong here." It's what allowed us to take risks, speak boldly and inspire others to see themselves—literally and figuratively—more clearly.



THE FOUNDATION OF VONTÉLLE: A JOURNEY ROOTED IN EXPERIENCE

H+W:

Before starting Vontelle, what were your careers and how did those experiences prepare you to build a luxury eyewear brand?

Tracy:

Fashion was my first love, but I was also good with numbers. I earned a master's, became a CFO, ran a tax business and invested in real estate. All of it taught me how to manage money, scale ideas and build from scratch.

Nancey:

I studied mass communications and built a career at major networks like BET, MTV and Nickelodeon. Later, I led Wendy Williams Productions and The Hunter Foundation. My background taught me how to market, connect with audiences and lead with creativity and intention.

Together, our paths formed the perfect foundation for Vontelle.



LESSONS FROM THE UNEXPECTED

H+W:

What's been the most unexpected lesson you've learned since starting Vontelle?

Tracy:

We had to get up to speed on social media marketing fast! I took a course and learned the ins and outs of engaging digital audiences. It reminded me: always be willing to learn what you don't know.

Nancey:

I learned to ask the right questions and never assume. Protect your brand, your time and your value. And walk away from deals that don't align with your mission. Clarity is key.



their well-being while pursuing ambitious goals?

Tracy & Nancy: Wellness isn't a luxury—it's a necessity. Give yourself grace. Create daily self-care rituals, however small. Set firm boundaries. Seek support and don't be afraid to delegate. Celebrate the journey as much as the wins. When you care for yourself, you're better equipped to care for your vision.

LEGACY IN A SINGLE SENTENCE

H+W: If you had to describe the legacy you hope Vontélle will leave behind in one sentence, what would it be?

Tracy & Nancy: We hope Vontélle's legacy will be one of empowerment, innovation and cultural celebration—redefining the eyewear industry with inclusive, bold designs that honor diversity and inspire confidence for generations to come.

VONTÉLLE'S THEME SONG

WELLNESS IN THE WORKPLACE

H+W: Entrepreneurship can be demanding. How do you maintain your mental health while navigating the challenges of running a business?

Tracy: I live with a rare form of diabetes, so prioritizing health is essential. I now set boundaries and aim to follow a schedule—even if business sometimes overrides it.

Nancy: I'm learning to truly unplug and set work hours. In 2025, I'm taking a real family vacation. We know that scaling our business requires protecting our peace first.

ADVICE FOR FELLOW DREAMERS

H+W: What advice would you give to other entrepreneurs, particularly Black women and women of color, about prioritizing

NON-NEGOTIABLES IN BUSINESS

H+W: In the spirit of *More Confidence, Less Compromise* (the theme from our April 2025 issue), what is one compromise you refused to make and how did it impact your path?

Tracy & Nancy: We refused to compromise on culture. Every Vontélle design celebrates heritage. That choice made us stand out and helped attract aligned partnerships. It also built an authentic connection with our community. Success shouldn't require sacrificing your identity.



H+W: Here's a fun one—if Vontélle had a theme song, what would it be?

Tracy & Nancy: Bruno Mars' "24K Magic." It's fun, luxurious and unapologetically confident—just like us. The vibe is vibrant, the energy is contagious and it perfectly captures what Vontélle is all about: seeing the world boldly and stylishly.

Tracy and Nancy are proof that visionaries don't just create products—they create movements. With bold frames, a clear mission and a whole lot of magic, Vontélle is helping people everywhere see themselves—and their heritage—more clearly.

To learn more about Vontélle and their mission, visit vontelle.com.



YOUR AD BELONGS HERE

IN FRONT OF WOMEN WHO REFLECT, RECHARGE AND REDEFINE SUCCESS



Contact advertise@hopeandwellth.com to
reserve your space
or visit hopewellthmedia.com/media-kit

The Emotional Side of Money

Breaking Through Limiting Beliefs Around Wealth

BY GLENNY ROSARIO, CERTIFIED LIFE COACH

Have you ever found yourself wondering, “Why can I make money, but I can’t seem to keep it?” Or maybe you’ve been working hard for years, doing everything “right,” but wealth still feels just out of reach. If so, you’re not alone—and it’s not your fault.

What most people don’t realize is that our relationship with money is deeply emotional. It’s not just about how much you earn or save—it’s about what you believe at a subconscious level. And those beliefs – they were formed long before you had any say in the matter.

The way you relate to money today—how you spend it, save it, fear it or avoid it—most of that was programmed into you between the ages of zero and seven. That’s because during those early years, your brain is like a sponge. It absorbs everything without filtering or questioning. The analytical part of the brain isn’t fully developed yet, so you accept everything you see, hear and feel as truth.

If you grew up in a household where money was tight, where bills were always a source of stress or where you heard things like:

“We can’t afford that.”

“Money is the root of all evil.”

“You have to work hard for every dollar.”

...those statements didn’t just go in one ear and out the other. They became part of your subconscious programming. They formed the foundation of your beliefs about money—whether you realized it or not. And here’s the thing: because this programming is subconscious, you’re often not even aware it’s running your life.

I remember when I first started working with my life coach and we talked about limiting beliefs. I honestly didn’t think I had any when it came to money. I never grew up feeling poor. I didn’t feel like I had lived in lack. I had always been pretty good at making money. But even then... something wasn’t working.

I could manifest money. That part wasn’t the problem. But I couldn’t keep it. No matter how much I made, I’d spend it. I’d pay off my credit cards, and then I’d max them out again. I’d buy things I didn’t need. I’d feel this weird pressure to spend or get rid of



money as soon as it came in. It was frustrating and I didn't understand why I couldn't seem to break the cycle.

THE MOMENT EVERYTHING CLICKED

Then one day, everything changed—and it happened in the most unexpected way.

I was sitting at home watching a popular daytime talk show. The host was someone I used to love, but this time, something felt different. She was promoting her makeup line, her magazine, her books, her cookware line... and I found myself getting *annoyed*.

I remember thinking, *"This woman is so greedy. How much more does she need? Why does she need her name on everything?"* I felt irritated. I even thought about changing the channel.

That's when it hit me.

That was my limiting belief.

Somewhere deep inside, I had developed the belief that people who had *too much* money—or too many income streams—were greedy. That having "more than enough" made you selfish. And if I believed that, why would I ever let *myself* become someone like that?

My subconscious mind was doing exactly what it thought was best: protecting me from becoming what I judged. I would make money, but I couldn't hold onto it. I would sabotage it—without even realizing it.

And the moment I saw it clearly, everything changed.

REWRITING THE STORY—ONE THOUGHT AT A TIME

Once I realized that belief was living in me, I knew I had to change it. And not just intellectually—I had to rewrite it at a heart and soul level.

I started doing the deep work. Journaling. Meditations. Inner child healing. But one of the most powerful tools I used was a new affirmation that felt like truth to my soul:

"The more money I receive, the more people I can help."

I said it over and over again until it started to stick. Until it felt *safe* to have more. Until it felt *good* to receive and hold wealth.

And let me be honest with you—this is not easy work. It takes courage to look at your beliefs and be willing to challenge them. It takes patience to go inward and sit with uncomfortable truths. But the freedom you'll find on the other side? It's worth every single moment.

You might be surprised by what

shows up when you start doing this work.

Maybe you'll notice you feel uncomfortable around wealthy people. Maybe you feel judgmental when you see someone who has a luxurious lifestyle. Or maybe you tell yourself, *"I just want enough to get by,"* because having more than enough feels scary, greedy or unnecessary.

But here's the truth: money isn't good or bad. It's *neutral*. It only amplifies who you already are. If you're kind, generous and heart-led now—you'll be even *more* of that with money.

We need more good people with wealth. People who will invest in their communities, take care of their families, give back and break generational cycles. That's you. But you've got to give yourself *permission* to be that person.

The more money I receive, the more people I can help.

IF YOU DON'T HEAL THE BELIEF, YOU'LL KEEP LIVING THE PATTERN

The subconscious mind is powerful. It runs about 95% of your daily thoughts and actions. So if you've got an unhealed money story running in the background, it's going to keep showing up in your life.

You might:

- Procrastinate on sending invoices.
- Undervalue your work or undercharge.
- Sabotage financial opportunities.
- Feel uncomfortable receiving more than others.
- Or make money and lose it just as fast.

And then you blame yourself. You wonder, *"What's wrong with me?"* But the truth is, there's *nothing* wrong with you. You've just got an old program running—and once you see it, you can rewrite it.

This isn't about greed or chasing wealth for the sake of it. It's about healing your relationship with abundance so you can experience peace, stability and purpose.

You deserve to have more than enough. Not just to survive—but to thrive. To feel safe. To feel secure. To be in a position where you can give without draining yourself.

Let me say this clearly: You can be wealthy and spiritual. You can be rich and generous. You can have multiple income streams and *still* be humble, kind and grounded.

Money is just a tool. It doesn't define you—it simply expands who you already are.

START WITH THIS: AWARENESS AND INTENTION

If you're ready to start shifting your money story, begin here:

Get curious.

Ask yourself: "What do I believe about money?" Write it out. Look for patterns or repeating phrases from childhood.

Observe your reactions.

What emotions come up when you see people with wealth? Is it envy, judgment, inspiration, discomfort?

Create a new belief.

Choose one that empowers you. For me, it was: "The more money I receive, the more people I can help."

Repeat it daily.

Say it out loud, write it down, feel it in your body. Let it become your new normal.


Take aligned action.

Whether it's setting a budget, increasing your prices or simply allowing yourself to receive—do something small that reflects your new belief.

This is your journey, and it won't look like anyone else's. But I promise you—once you start to see and shift your limiting beliefs around money, your entire life will begin to change.

I'm living proof of that.

I still do the work every day. I still check in with myself. But now, I do it from a place of love and compassion. Not fear. And that has made all the difference.

So, tell me... what do you believe about money? And are you ready to believe something better? 

Why Your Evening Routine as an Entrepreneur Matters More Than You Think

BY MAYA RUFINO, LCSW

As an entrepreneur, it can be very easy to fall into patterns of overworking. You make your own hours and you want to succeed, so why wouldn't you just work all the time? The answer is simple: it's not good for you. And if you're not good, your business won't be either.

When I talk to my clients about self-care, I'm not referring to spa days. Getting your lashes done might feel good, but it doesn't prevent burnout. The most important self-care includes routine basics like eating, exercising, socializing, resting, and sleeping. Do you skip any of these when you're stressed? When you make them routine, they become more automatic, and it becomes a lot easier to continue them no matter what's going on.

BOUNDARIES BEFORE BEDTIME

My evening routine begins even before the end of my workday. When you own your own business, there is always more to do: bookkeeping, accounting, advertising, analyzing, managing, ordering, decision-making, and endless communication. If you want to maintain an evening routine, you need to have good boundaries with your work.

Set a realistic time to stop working and keep work emails and calls off your personal cell phone. That second part can be tricky, but there are workarounds. If you need to keep work emails on your phone, turn off notifications at the end of your workday. If you need to accept calls, try setting up a Google Voice line just for work and turning on Do Not Disturb before you sign off for the day.

After all, are you really listening to your kids or catching up on the latest Housewives drama, if your notifications keep going off?

TRANSITIONING FROM WORK TO HOME

Once I set boundaries with work, I reset with a small transition between the end of my workday and the start of my personal time. This can be as simple as taking a deep breath after shutting down your computer. For me, it's a 30-minute walk with my partner.

Entrepreneurs love to multitask, and this walk checks so many self-care boxes: social connection, breathing in nature, physical movement, and space for a mindset shift. Check, check, check, and check. It's a powerful signal to your brain and body that you're no longer working and can be present for other parts of your life.



GENTLE MOVEMENT AND REST

The walk leads me seamlessly into some gentle stretching. Rest is not just watching trashy TV or taking a bubble bath, though it can include those! It can also be releasing the tension in your muscles after a stressful, sedentary day. It might be a five-minute meditation, listening to your chill vibes playlist, or sipping a hot cup of tea. Quality rest helps you recharge and reset.

DINNER DOESN'T HAVE TO BE FANCY

Once I've exercised, socialized, and rested, it's time for dinner. To ensure I eat dinner every evening, I stay flexible and open to what I have time and energy for.

Did you grow up believing that cereal is only for breakfast? It's actually the easiest dinner when you don't have the energy to channel your inner gourmet chef. You might prefer a well-balanced meal, but is that realistic every day? Any meal is better than no meal.

However, if your challenge is overeating or not getting the nutrients you need, try slowing down and eating more mindfully. Taste each bite. Don't eat in front of the TV. You can also enhance a quick meal like cereal by adding nutrients—I like to throw in chia seeds or unsalted nuts.

SLEEP: YOUR NON-NEGOTIABLE

For most entrepreneurs, sleep is the first essential sacrificed to the gods of success. You tell yourself that if you just stay up a little later or wake up a little earlier, you can get everything done.



Photo by jcomp | freepik.com

Or maybe sleep eludes you because you're stressed—your thoughts racing, your heart pounding, like you could literally run from your problems.

I struggle to focus at work and at home when I don't get the sleep I need. I'm more productive when I do. That's why I set firm work boundaries and dedicate an hour to my bedtime routine, creating a pleasant ritual that

helps prepare my body for rest. I dim the lights, handle personal care like brushing my teeth, and read in a comfy chair outside my bedroom.

The boundaries that I set with work help me to dedicate an hour to my bedtime routine, giving me a pleasant ritual of unwinding to prepare my body for quality sleep. My bedroom is a sanctuary, a space reserved only for sleep. This allows my brain to associate that space with rest, and nothing else. Ultimately, I invest time in both sleeping and preparing to sleep because it improves how I feel and function throughout the day. You can either sacrifice your sleep and your functioning, or you can invest in your sleep and gain quality of life and efficiency.

KEEP IT SIMPLE

The best routine is a sustainable one. That's why every ritual in my evening routine is simple. I know many complex coping skills and exercises for personal growth, but the goal of this routine is not growth. The goal is care.

Treat yourself as the beautiful human you are, deserving of everything you give everyone else and more. If you're looking to establish a new routine, start small. Set measurable goals. Ask yourself: What do I need? Then think of one small way you can start meeting that need.


And if you have trouble getting started, staying committed, or meeting your basic needs? You don't have to do it alone. Invest in yourself—and your business—by working with a therapist who specializes in self-care and boundaries. 



Photo from freepik.com

KEY TAKEAWAYS

- At a minimum, we need a solid foundation of basic needs to prevent burnout.
- Strong work boundaries make it easier to maintain routines that include exercise, social connection, eating, rest, and sleep.
- Your routine doesn't have to look like mine, it just has to work for you.
- Set yourself up for success by keeping your self-care simple and sustainable.
- One last thing: are you drinking enough water?



Photo by stefamerpik | freepik.com

PURPOSE AND PROFIT

Establishing a Business and Legacy as a Business Owner of Color

BY NICOLE GARNER SCOTT, MBA, CLTC®

STARTING A BUSINESS CAN BE ONE OF THE MOST REWARDING THINGS SOMEONE CAN do. As a financial advisor, I work with business owners regularly—and understand the challenges that can go into doing so, particularly for entrepreneurs of color. These challenges however do not necessarily define those individuals or their businesses. In fact, they can be transformed into opportunities for success, even to thrive. The goal of this article is to take readers through those challenges and how to navigate them for success in business ventures.

The Importance of Budgeting and Planning

Creating a realistic monthly budget is paramount for any entrepreneur, and it starts with understanding your cash flow. Start by listing and documenting all income sources. Those might include sales, freelance work, or any side jobs that may arise. For new entrepreneurs, consider using historical data from previous months if available, or projected income based on market research. It's also important to categorize your expenses into fixed costs, like rent or salaries (including your own), and variable costs like supplies or marketing so

you know where your money is going and where to potentially cut back.

Some of the most important things you can do revolve around two things—realistic goals and adjusting them regularly. When you track your fixed and variable costs, consider your operational costs and what you can reinvest into your business for growth and savings. As you check your cash flow regularly, preferably monthly, remember to keep things flexible as your business continues to evolve. With inflation being the top concern for Americans according to Northwestern Mutual's 2025 Planning and Progress Study, and tariffs potentially impacting business overhead, that flexibility is especially needed.

Keeping Business and Personal Accounts Separate

One of the most critical steps for entrepreneurs is to keep personal and business finances separate. For starters, I recommend establishing separate bank accounts for your personal and business transactions. This will simplify accounting and give you a clear picture of your business's

financial health. Accounting software, particularly for small businesses, could be a worthwhile investment for this.

Even further, you can apply for a credit card that is exclusively for business expenses. This not only helps streamline expense tracking, but it can also help build your business's credit history. Be sure to use it only for business expenses and keep up with monthly payments to avoid higher interest payments and late fees.

Building Generational Wealth While Growing Your Business

One of the reasons you may be starting your business is to create generational wealth. As you do that, take the time to learn about investments, savings plans, and wealth-building strategies. Work with a financial professional who can point you towards the best strategies for each. A good financial professional would share with you the importance of diversifying your income through passive income streams, as having one stream of income is risky.

Consider retirement accounts, like an IRA or a 401(k), which can offer tax advantages and help individuals save for retirement more effectively than a traditional savings account. Investing in mutual funds can help provide growth over time. Consider setting up trusts to protect and manage wealth for your heirs. By doing so, you lay a solid foundation for future generations, ensuring they benefit from the fruits of your labor.

Reinvesting in Your Business

Reinvesting all profits into a business can be both a powerful strategy and a potential pitfall. When done wisely, reinvestment can facilitate growth, enhance product offerings, and improve customer service. However, excessive reinvestment without a balanced approach can leave entrepreneurs vulnerable during tough times.

Wealth building while reinvesting means finding the right balance between investing in business growth and personal financial security. For example, business owners should consider allocating a portion of profits toward personal savings or retirement accounts while still funding critical business needs. This dual approach



Photo from freepik.com

ensures that they aren't solely reliant on their business income for financial stability, allowing for a more sustainable long-term wealth trajectory.

From Surviving to Thriving

Many entrepreneurs operate focusing solely on immediate business needs and cash flow management. The best way to combat that is to have a clear plan—both short and long-term—one that defines success beyond just survival. This might include goals such as saving for retirement,

purchasing a home, or creating an emergency fund. Establishing clear, measurable goals provides direction and motivation for your business to thrive. A financial planner can help you with this.

Many resources are available through local chambers of commerce, community colleges, and online platforms that focus on financial literacy for entrepreneurs. Understanding concepts such as cash flow management, profit margins, and investment strategies empowers business owners to make informed decisions.


Building Relationships with Bankers and Creditors

Earlier, this article mentioned the importance of having separate business and personal accounts. The next part goes

a bit further into how important those relationships with banks and creditors are, which can be foundational for business growth. To start, seek legal advice* to ensure your business is registered and has a legally recognized structure (LLC, S-Corp, etc.). This formal step enhances credibility with banks and potential partners.

Going a step further, establishing personal connections with bankers could potentially yield better loan terms and access to more favorable lending options. They can also be helpful identifying programs and grants through community banks or credit unions focused on empowering local businesses. These funds can help establish your business without the burden of debt.

Conclusion

Building wealth as a business owner can be a great part of a financial plan to help establish generational wealth. Success is very much possible with a multifaceted approach that balances reinvestment with personal financial security, shifts focus from short-term survival to long-term planning, and prioritizes the establishment of strong credit and banking relationships. Through adopting these strategies and working with a financial professional, entrepreneurs can create a solid foundation for sustainable growth. 

*Financial representatives do not provide legal advice; readers should consult with legal experts for their specific situation.

Planning & Progress Study 2025. Northwestern Mutual. (n.d.). <https://news.northwesternmutual.com/planning-and-progress-study-2025>

**CHALLENGES
DON'T DEFINE
YOUR BUSINESS—
THEY CAN BE
TRANSFORMED INTO
OPPORTUNITIES TO
THRIVE.**

Holistic Wealth: Redefining Success Beyond Just Money



BY DR. REBECCA HUBBARD

We often find ourselves intrigued by articles and posts that describe the habits of successful people. It's a valuable practice to reflect on the origins of your definition of success and assess whether you're actively living in alignment with it. While accumulating wealth is undeniably important for obtaining many things we associate with success, being mindful of your own definition of success and how you achieve it can help you feel less like a passive consumer of societal pressures and more like an active participant in your journey. Defining success on your terms is a powerful, liberating tool. To move beyond autopilot while thinking about success, we can broaden our perspective in four ways.

EXPLORE ADDITIONAL OUTCOMES

The definition of success is "the accomplishment of an aim or purpose" (Oxford Languages)¹. This means that success is determined by the goal you set for yourself. The first step toward achieving true success is to ensure your goals align with your values and authentic desires. Take time to consider all aspects

that contribute to a fulfilling life. Consider your health, personal relationships, mental well-being and sense of purpose, to name just a few. As you envision your future, try engaging all five senses to create a vivid, meaningful picture of success. Rather than focusing solely on what it looks like, imagine how it feels, who's there with you and the sounds and smells that define a successful life. Activating the five senses can make it easier to uncover why health and relationships are just as important as financial success, maybe even more so. When we broaden our outcomes to include all parts of ourselves, our success is more likely to feel fulfilling.

It's important to recognize that your version of success may not be understood or appreciated by others, especially those who don't know you well. People may not define you as "successful" according to their standards. Embracing this reality is an important part of freeing yourself from restrictive notions of success and achieving a more personal, authentic sense of accomplishment. Everyone's definition of success will be unique to them.

DISTINGUISH THE OBJECT FROM THE OUTCOME

On autopilot, we are susceptible to confusing the appearance of something as the thing itself. For example, a person living in a big house may appear they have power, but it does not necessarily mean that. “Many of our judgments about people and their worth are disproportionately determined by what those people own or wear. We spend great energy and wealth acquiring these objects associated with power rather than real human, social, political, and economic power. There is a frequent tendency to confuse tokens of power with genuine power, based upon the slavery experience” (Akbar, 1996)².

Dr. Akbar highlights the connection between capitalism and slavery as systems that have left us with a legacy of misunderstood materialism. Much of the root of disproportionate focus on money as the main outcome is intertwined with one of the most detrimental exploitations of labor in human history: American slavery. As part of our liberation from that aspect of our history, we can make the mental effort to separate the appearance of material wealth from the outcomes we are interested in. When you encounter something material that you mentally link to success, ask yourself, “What am I assuming about this appearance?” This question can reveal what you truly desire.


ADD PROCESS GOALS

Most goal-setting practices are outcome-focused. This leads us to spend a disproportionate amount of attention and effort on results and achievement. Adding process goals to our pursuit of success can balance out this focus. Success is not just about the result but about *how* we accomplish those goals. For example, you may decide that you want to take on a new professional project while holding a strong boundary around the time you spend with your family. In this example, you could imagine a scenario where you meet your process goal (holding your boundaries around family time), and the professional project does not do as well as you hoped. In this scenario, formulating a process goal can help you see that this was a partial success.

As you move towards your goal, it's important to consider not only what you want to achieve but also



minimizing food waste and puts effort into aligning her actions with this belief. She buys from companies that sell “unwanted food,” supports local give-back programs and food pantries and manages her consumption to reduce waste. While this approach helps her save money, it's the creative way she uses her resources in line with her values that truly contributes to her sense of success. For many people, managing existing resources through innovative thinking and problem-solving brings a deep sense of accomplishment. It also fosters cooperation with others and encourages seeing things from new perspectives. Moreover, this mindset cultivates a greater appreciation for what we have rather than focusing on what's missing. Research consistently supports how gratitude can positively impact mental health (Deniz et al., 2023)⁴. Ultimately, being resourceful leads to a more sustainable approach to success and overall well-being.

Think of holistic wealth as your own, personal way of defining success. Consider broadening your view of success and yourself by revamping traditional financial goal setting into a vision of who you want to be and how you want your life to look. Money is a small part of who you are and what you are capable of. 

¹ <https://languages.oup.com/google-dictionary-en/>

² <https://archive.org/details/>

BreakingTheChainsOfPsychologicalSlaveryByNaimAkbar

³ <https://johnhopebryant.com/2012/09/financial-literacy-quote-of-the-day-2.html>

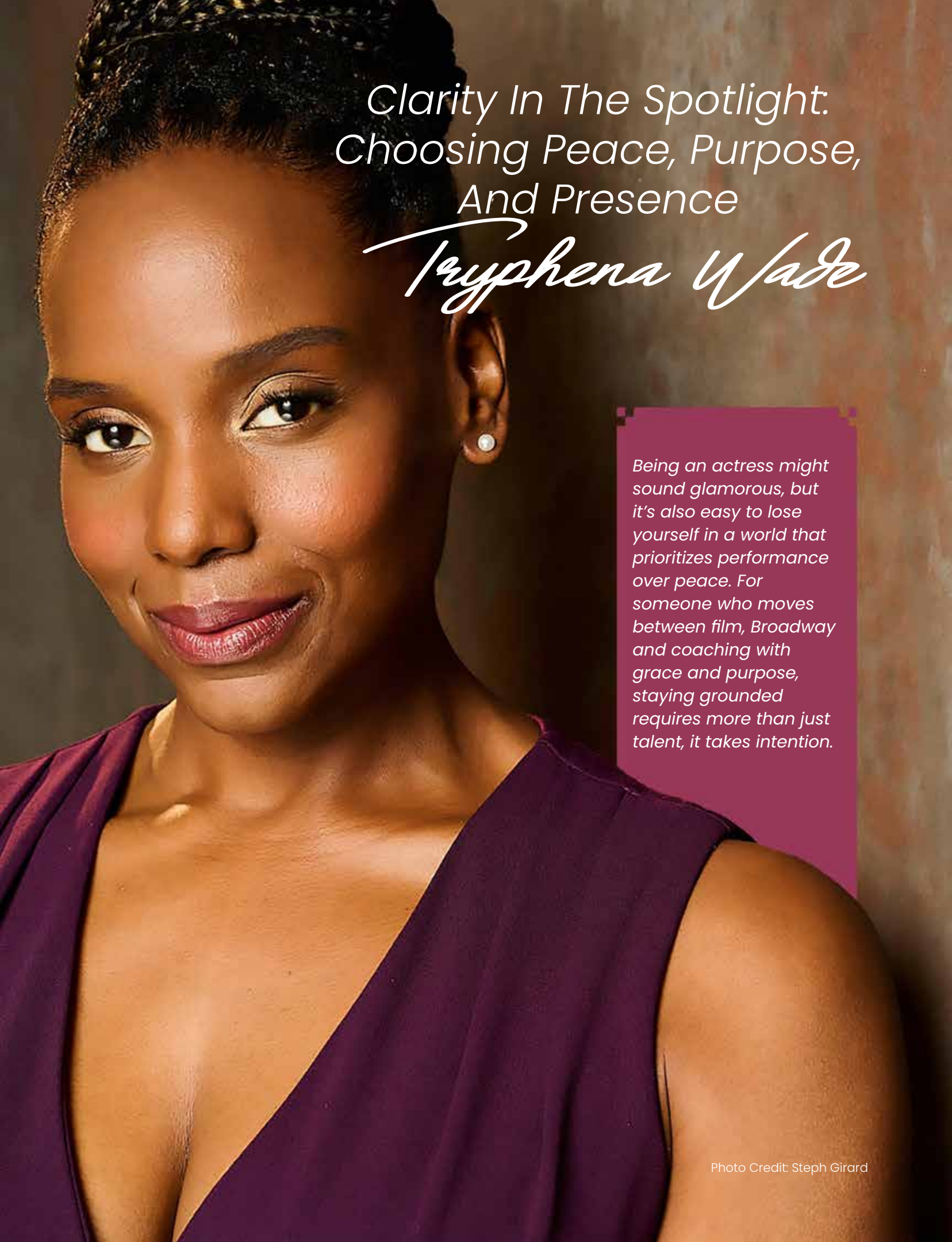
⁴ <https://pmc.ncbi.nlm.nih.gov/articles/PMC10393216/>

what characteristics you want to embody and live by along the way. Hustle culture often glorifies traits like “relentless,” “focused” and “determined” as the keys to success. However, qualities such as “honesty,” “integrity,” “joy,” “grace” and “thoughtfulness” also hold immense value. As you reflect on the adjectives that resonate with your journey, you may realize that some of them could slow your progress. Embracing this and recognizing that success may not always appear as expected is a crucial practice to cultivate.

CREATIVELY ALIGN RESOURCES WITH GOALS

John Hope Bryant³ said, “You can make money two ways — make more, or spend less.” This quote is about financial strategies, but we can also use this concept for success overall. Reassessing how we use our resources on the road to success, no matter how you define it, can lead to unique, creative and empowering solutions.

One of my friends, for example, values

A close-up portrait of Tryphena Wade, a Black woman with her hair styled in braids pulled up. She is wearing a dark purple, sleeveless top and a small pearl earring. She has a gentle smile and is looking slightly to the left of the camera. The background is a textured, light-colored wall.

*Clarity In The Spotlight:
Choosing Peace, Purpose,
And Presence*

Tryphena Wade

Being an actress might sound glamorous, but it's also easy to lose yourself in a world that prioritizes performance over peace. For someone who moves between film, Broadway and coaching with grace and purpose, staying grounded requires more than just talent, it takes intention.

This conversation isn't just about career milestones though; it's about the clarity, faith and wellness practices that keep actress, Tryphena Wade, rooted in the midst of a fast-moving industry.

As a seasoned performer and spiritual creative, she navigates her work with depth, humility, and an unwavering commitment to self-awareness. Whether she's standing by to step into a legendary Broadway role or walking alongside a client through personal transformation, her presence is rooted in something much deeper than ambition. It's a devotion to integrity that requires her to show up fully without losing herself in the noise. Her perspective offers something rare in the entertainment industry; a blueprint for how to thrive without burning out.

In this thoughtful Q&A, Tryphena opens up about mental clarity, the weight of comparison, the power of choosing peace and the unique challenges Black women face in high-performing spaces. It's a candid, soulful reflection on what it means to succeed on your own terms, and a reminder that legacy is built not just in what we create, but in how we LIVE while creating it.

Your work spans film, stage and coaching. How does mental clarity play a role in how you show up in each space?

Mental clarity plays a huge role! As a coach, my job is to show up as myself and be a mirror, an ear, and a guide for my clients. As an actor on film and stage, my job is to bring myself to the table and allow for a transformation into a character who is not me at all. The first step, which seems pretty obvious, is to have an awareness of where I am and what gig I'm doing: coach or actor. Both roles require a level of creativity, but there's not much overlap.

As an actor, I have to be clear about the story I'm telling. As a coach, I have to be clear about the goals and challenges of a client. Once I have clarity in each space, I'm free to let my knowledge and gifts take over.

As someone who is the standby for the most Tony-nominated Broadway performer, Audra McDonald, how do you mentally prepare to step into such big shoes at a moment's notice?

Well, I start by banishing comparison. This is huge for me because I came of age listening to Audra McDonald, loving her voice, and dreaming about having a career like hers. In those early years, there was definitely a lot of comparison; wondering if I'd ever be "good enough". Now, I'm standing on the same stage and I'm the one they call if she's not able to go on. It took a lot of work on myself, before this opportunity came, to be confident in what God gave me; both the gifts and the opportunities. These days, I am firmly planted in the fact that



the gifts God has given me are just as valid and just as beautiful as the gifts He's given another. And I know that anything God brings to me is meant for me. Some jobs I pursue. Others, He brings to me. This job is the latter. I was not looking for it. God put it in my lap. So I know it's not a mistake. He doesn't give gifts and blessings by mistake. I'm exactly where I'm supposed to be.

How do you integrate wellness practices into the high-stress environments of entertainment and entrepreneurship?

Integrating wellness practices into those spaces is just about integrating wellness into my life. I really make an effort to make my mental wellness a natural part of my life. These days, it cannot be ignored. Movement is a big help for me. Daily walks help me process my thoughts and work off steam. I'm a member of the 10,000 steps a day club! And in NYC, that's very easy! And daily workouts help me stay physically and mentally strong. Having good friends to bounce things off of is monumentally important. It's important to know who's truly in my corner, and who can be a listening ear or an encouragement when I need it most. For me, having a faith community is very important. Having people who share my Christian beliefs and can encourage me and pray for and with me when things get rough goes a long way. I also believe in coaching or therapy, especially if I'm working through a particularly difficult time. And physical pampering is a must as well; facials, massages, and the like keep me feeling good.

Oh! And I take my days off very seriously! Those are mine, and I only do what I actually want to do on those days.

Have there been moments in your career where clarity or lack thereof changed your direction?

Absolutely! Making the move from NYC to LA in 2020 was the result of complete clarity. That was partially a career move. But more than that, it was a lifestyle shift that I knew I needed to make. This might sound funny, but the older I get, the more I need sun! The cold, grey days on the East Coast were weighing heavily on my mental health. I knew I had to make a shift, and I did. Of course, now I'm back in NYC for this Broadway gig. But my body and mind are fully aware that it's just for a season.

Do you think Black women in entertainment face unique challenges in prioritizing their mental health and overall wellness? If so, how do you navigate that?

From my experiences and my observations, our challenges are unique in that we often have to work harder and longer to show and prove. Because of that, we often feel obligated to put our whole selves on the back-burner and take on the identity of a fighter and prover. There's a fear that we won't be received or fully seen if we don't keep proving. It causes us to take on the belief that we must constantly be fighting, pushing, resisting, showing, and convincing; and that can lead to self-neglect. So, yes, that takes a huge toll on mental well-being and overall wellness. I make an effort to remind myself that my worth isn't determined by any outside factors; no gig, no outside opinion, no person determines my value. God has given me my value. Full stop. I am valuable because I am. And I get to decide what thoughts I listen to and hold on to. Much of mental wellness is choosing what you're going to believe. You get to choose. You get to choose yourself. You get to choose what's good for your mental health. You get to say "no, not today". And you get to let everyone else deal with how they feel about your choice.

“

CHOOSE PEACE FIRST. ANY CHOICE THAT DOESN'T ALIGN WITH PEACE WILL BE DIFFICULT TO MAINTAIN.”





What advice do you have for women trying to juggle their purpose, their passion and their peace?

Choose peace first. Any choice that doesn't align with peace will be difficult to maintain. And to clarify, when I say choose peace, I don't necessarily mean make the easy choice or the choice that comes with no challenges. What I mean is that even in the midst of difficult or challenging seasons, when you sit in stillness, there has to be a sense of peace that the course of action is in alignment with what is right for you.

What are some non-negotiables in your day that keep your mind clear and focused?

Well, I start everyday with a prayer of gratitude. Worship music helps me get going in the morning so that's always what I'm listening to as I'm shaking the sleep off. And a morning workout is a must. Now that I'm back in NYC, lots of walking is once again part of my life. And I absolutely love it! Walking helps me clear my mind and process thoughts so I make an effort to take a couple walks throughout the day.

What does success look like to you now versus five years ago and how has wellness shaped that evolution?

I think success now and five years ago looks about the same. A while ago I let go of the idea that success would come with external trappings (trophies, recognition and acceptance by certain people, etc.). For me, success means that I have freedom of choice; that I don't have to make choices from a place of desperation, but from true desire and the knowledge that my life is in alignment with what God has for me. I know what it is to be mentally and physically weary and to be doing things out of a sense of obligation. I prefer not to live that way. My desire to be well weighs into every decision I make, every "yes" and every "no". Every choice isn't perfect, but every choice is at least a lesson.

What's the legacy you hope to leave in art and in how you live?

I hope to be able to live the life that God has for me; whether I'm creating art or doing something else. I want to live and show up honestly in everything I do.

What is your morning routine must have?

Warm lemon water and sea moss.

What's a mantra you live by?

Fear is Stupid


Coffee, tea, wine or green juice?

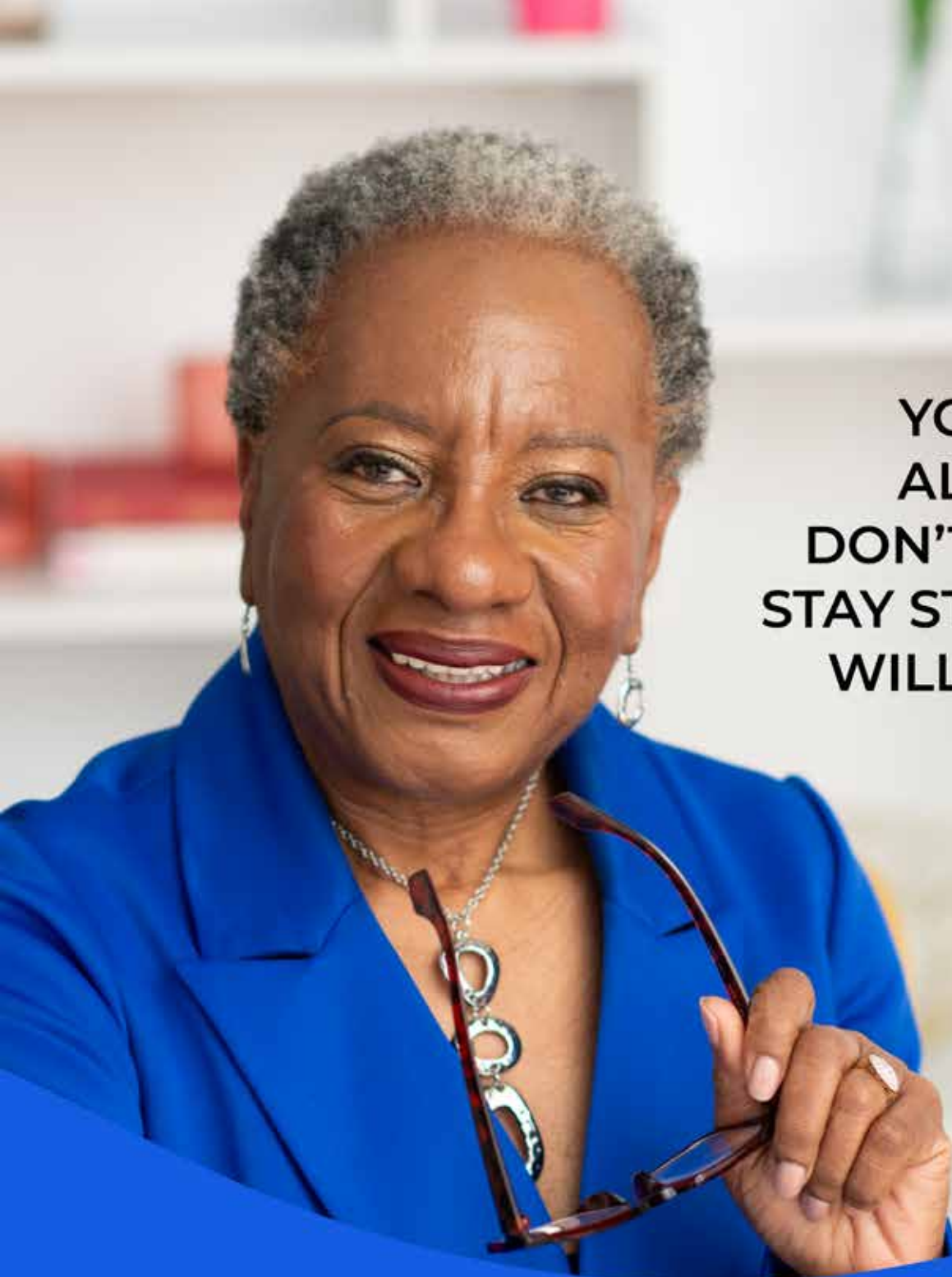
Wine. Red, please!

Who is the role model you turn to for inspiration?

These days I'm just asking God what choice He would have me make.

What's the next big vision on your mind?

I'm looking forward to a once in a lifetime trip to climb Mt. Kilimanjaro. 



**YOU'RE NOT
ALONE. YOU
DON'T HAVE TO
STAY STUCK. YOU
WILL FIND JOY
AGAIN.**

Lynn Lewis

*Certified Grief Educator |
Coach | Author | Speaker |
Mental Health First Aider*

Grief is the normal, natural, and necessary response to loss.

After losing her son to suicide, Lynn Lewis turned heartbreak into hope. Now, as a Certified Grief Coach, she helps adults 50+ move from "Now what?" to meaningful, impactful living.

If you're ready to go from pain to peace, heartbreak to happiness and grief to gratitude, Lynn is here to guide you.

BOOK YOUR DISCOVERY SESSION TODAY
www.DestinedToThriveGriefCoaching.com



How to Nurture Relationships While Building Your Empire

BY CYNTHIA AGYEMAN-ANANE, LICENSED CLINICAL THERAPIST

“A house you build with your hands, but an empire you build with your heart.”
– Matshona Dhliwayo

Your heart is the relationships in your life that you nurture while building your empire. Let’s talk all about the age-old question: Is there a way for women to truly have it all—the thriving business empire and nurturing relationships?

My initial answer to this question is: “YES, but.”

Before we get into the reasons why, let me explain.

In this fast-paced world, where ambitions run high and calendars fill up with back-to-back meetings, networking opportunities and girlfriend hangouts, it becomes increasingly crucial for us—especially as Black women and women of color balancing both business and personal pursuits—to nurture our relationships while building our empires. Whether we’re building main or side businesses, our

dreams are huge, and our to-do lists are even bigger.

As a therapist, I have seen countless dynamic women struggle to maintain equilibrium between their dreams and their relationships. Many women are conditioned to believe they can only be successful at one thing: good student, good employee, good wife or good mom. Over the years, I’ve had to unlearn these conditioned beliefs too. We can be good at many different roles.

Here are some inspiring examples of Black women who have built successful business empires while nurturing their personal relationships:

- Oprah Winfrey (Media Mogul): She has built an unparalleled media empire with her talk show, network and magazine. Despite her demanding



career, she maintains close personal relationships, particularly with her longtime partner Stedman Graham and best friend Gayle King, emphasizing the importance of personal connections.

- Beyoncé (Singer and Entrepreneur): She has built a vast empire in music and fashion through her label and Ivy Park brand. While achieving tremendous success, she continues to nurture her personal life, being vocal about her marriage with Jay-Z and her roles as a mother and sister.
- Janice Bryant Howroyd (Founder of The ACT-1 Group): She built a billion-dollar staffing firm while maintaining close family ties and personal relationships. She often attributes her success to her family support, demonstrating the balance between her business ventures and personal grounding.

As an entrepreneurial woman, mother and wife with a demanding African family, I can admit—it’s not easy to build a business while nurturing relationships, but it is definitely possible. So yes, I can have it

Photo from freepik.com





Photo from freepik.com

all, but it takes some intention.

Let's talk about practical and helpful ways we can have it all. The pyramids in Egypt weren't built in a day, and creating thriving and healthy relationships while building your empire is going to take time, attention and intention. So how does this happen?

1 Nurture the Relationship with Yourself

The first priority in building your empire is nurturing the relationship you have with yourself. The way you speak to and treat yourself determines how you show up for your business and others. Find ways—through therapy or coaching—to unpack wounded and unhealed parts of yourself. This helps you show up completely authentic.

2 Know Your "Why"

Prioritizing yourself helps you determine another key priority: knowing your "why." Why are you building this business in the first place? What's the purpose of the empire

you're building? These answers act as your GPS while navigating your business map.

For me, starting a business was about building a legacy for my children and future generations. It helps you define what success looks like in your relationships. Is it about growing a family with your significant other? Girlfriends supporting each other's careers? Maintaining a bonding relationship with your children? Knowing your "why" keeps the goals of business and relationships in alignment.

In the early years of building my business, I faced difficult decisions about seeking outside support and reducing billable hours to prioritize time with my family. It was a value-based decision worth making.

3 Practice Open and Honest Communication

Another way to nurture your relationships is through open and honest communication. Communication is the cornerstone of any thriving relationship—whether personal or professional. Share your dreams, stress and aspirations with your partner. Let them into your world so they understand the path you're on. This fosters understanding and reduces misunderstandings.

Maintaining open communication helps you schedule couple-time and family time. After all, we schedule meetings, deadlines, and workouts, so why not our relationships? Set regular appointments with your significant other, children and friends. Whether it's a dinner date, a mom-and-me date, or a girls' getaway, finding time to connect and remain intentional in your relationships ensures they don't fall by the wayside while you build your empire.

4 Create Balance and Harmony - Not Perfection

A direct impact of open communication is the ability to create balance and harmony, not perfection. Perfection isn't achievable, and striving for it can be exhausting. Instead, focus on understanding how your needs align with your reasons for building a business.

Some days, the business will demand more from you. Other times, your relationships will. Be gentle with yourself as you work to create harmony and navigate this balancing act.

5 Set and Maintain Boundaries

To maintain balance and harmony—rather than chasing perfection—it's important to set and maintain boundaries. This is your superpower for nurturing relationships while building your empire.

Entrepreneurship demands considerable time and energy, making it crucial to establish clear boundaries for a healthy work-life balance. Clearly define work hours and personal time. This practice not only enhances focus but also ensures you spend quality moments with loved ones. Remember, this is challenging, so be patient with yourself.

6 Prioritize Self-Care

One way to be patient with yourself is through self-care. Prioritizing your mental and physical health is essential to maintaining energy and focus. Self-care is not just a task—it's a lifestyle. When you feel good, you carry that positive energy into both your personal and professional life.

Whether it's enjoying a spa day, meditating, savoring a peaceful moment with a cup of tea (or wine!), or engaging in activities that foster relaxation, happiness and joy—these moments matter. By taking care of yourself, you are able to give from a place of abundance, benefiting your relationships in the long run.

7 Build a Strong Support System

Taking care of yourself includes cultivating a strong support system. This may include your family, friends, colleagues, mentors, massage and talk therapists, coaches, pastor and even your barista. This community allows you to be your authentic self, both personally and professionally.

Your support system also consists of your cheerleaders and accountability partners. Together, you celebrate victories and lift each other up during challenging times. By nurturing these relationships, you create an environment where everyone can thrive, encouraging mutual growth and success.

8 Regulate Your Emotions and Stay Flexible

While building your empire, various business opportunities and personal challenges may arise that demand your attention. Engaging in emotional regulation and developing emotional intelligence is crucial. Effectively using your coping strategies and resources is key. Stay flexible and willing to adapt and pivot to ensure you handle whatever comes your way—both in business and in relationships.

Building a business empire while nurturing relationships is akin to a beautifully complex dance, requiring rhythm, understanding, and an abundance of heart. Your empire will not flourish and grow without heart.

The choices you make impact your business and relationships at every turn. Transform these choices into actionable behaviors by developing routines and habits. Ritualize them. Be consistent and firm. Keep promises to yourself and others. Repeat this process continually for sustained success.

Whether your name is Oprah, Beyoncé, Janice, Cynthia (or say your own name), you will face plenty of sacrifices, late nights, and bouts of self-doubt. You will have to make several pivots (choices and decisions) aimed at building your empire. But remember that the pursuit of success should never overshadow the importance of nurturing your heart (your relationships) that nourish your spirit and provide grounding and support.

This is the point in your life when you can say (with your chest out and chin high, superwoman pose):


I truly have it all! 



Photo from freepik.com

A Holistic Approach to Health and Wellness



SERVICES

- Individual Coaching Sessions
- Group Workshops
- Healthy Catering
- Vegan Baked Goods
- In-Home & Virtual Cooking Classes

Schedule Your Free Health Consultation Today!



Trilanda Colbert
Certified Integrative Nutrition Coach

www.kei2health.com
info@kei2health.com



More Voices. More Stories.

The journey doesn't stop at the last page. Our online platform brings you even more stories, perspectives, and wisdom—crafted just for you!

hopewellthmedia.com



Dear Hope+Wellth

Welcome to the “Dear Hope+Wellth” section of Hope+Wellth Magazine, where our experts are here to answer all your burning questions on topics that matter most to you! Whether you’re curious about navigating mental health challenges, building healthier relationships, boosting your nutrition, enhancing your style and confidence, managing grief, cultivating wellness in the workplace or staying fit, we’ve got you covered. Our goal is to provide practical, compassionate advice to help you live your best, most balanced life.

We invite you to share your questions with us at dearhope@hopeandwellth.com. No topic is too big or too small — we’re here to listen and offer guidance tailored to your unique needs. Your question could be featured in an upcoming issue, helping not only you but also others who may be facing similar challenges. So go ahead, ask away! We’re excited to hear from you and support you on your journey to hope and well-being.



How can I stay consistent with budgeting when my income as a freelancer fluctuates every month?

Over the years, we've seen technology shift from a luxury to a necessity, fitness evolve from deprivation to holistic wellness and even mental health move from taboo to mainstream conversation—yet the world of finances and wealth, especially for entrepreneurs, remains elusive, unclear and often feels out of reach. We often hear stories about the entrepreneurial journey, but they tend to skip over the parts we need most—the foundation, the building, the growing.

The Bamboo Blueprint: Hidden Strength in Foundation

Take the bamboo plant, for example. Did you know it's stronger than steel, can grow up to three feet in a single day, and is even used to build skyscrapers in some parts of the world? What sets the bamboo apart isn't just how quickly it grows, but how strong it becomes. The key? For the first three to five years, it grows underground—establishing a deep, resilient root system. That hidden foundation is what allows the bamboo not only to grow rapidly, but to sustain that growth over time. Foundations not only take time to build, but are often formed beneath the surface—deep in the soil where others can't see them, and where even you may not fully recognize their form. Like all growth, light plays a vital role. It illuminates the areas still taking shape and ultimately fuels development. That's why we share—for light, for growth, to offer strategies that move us from struggle to strength, from income to wealth, from business owner to entrepreneur.

The Missing Piece: Financial Education Isn't Common Knowledge

Some of the most transformative skills are often the most overlooked. When was the last time you sat down and created a budget? Were you ever taught how? A generation ago, many public schools offered home economics or life skills classes that covered topics like balancing a checkbook or creating a simple household budget. Today, while a few schools still offer life skills programming, it's far less common and not consistently available across all public education systems. Now, even as our financial lives have become more complex—with recurring expenses, automatic payments, and unintended subscriptions—there is little to no formal education around budgeting, managing cash flow or understanding personal finances, let alone business finances. Despite increased access to information and the rise of both digital and traditional financial tools, financial management remains something we know we need, but rarely prioritize—especially in educational spaces.

Budgeting as Lifeline, Not Limitation

Let's dispel the myth that budgeting is only for those actively building wealth. While budgeting and cash flow management may look different depending on the season of life or business, they remain the constant—the foundation, the lifeline, the blueprint not just for building wealth, but for maintaining it.

Find a System That Works for You

Start by finding a method that works for you—whether it's digital or on paper. The most important factor is not what it looks like, but that it works for your life and that you can maintain it. Some people thrive with a Google Sheets template,



Jasmine Renae Ray
CERTIFIED FINANCIAL PLANNER® professional,
CFP Board Ambassador and the founder of
Bamboo Financial Partners

Excel or even a hand-designed tracker from Etsy. Others prefer budgeting tools like Monarch or Rocket Money. Finances aren't black and white—they're gray, nuanced and deeply personal. It's not about perfection; it's about progress. But just like with any skill, it helps to challenge yourself. Find accountability—a friend, mentor or financial professional who can ask the right questions and help you stay on track.

Financial Guidance Isn't Cheating—It's Smart

If financial literacy wasn't modeled for you, you may need to seek outside support, such as a financial advisor. Think of it like personal training: it's not about current ability, it's about efficiency, technique and building strength. It's also about what works for you. Consider if a zero-based budget works best—where every dollar is assigned, or if you do better with broad buckets and flexible guidelines. Hear what others are doing but filter it through your own lens. In the same way we approach diet changes, budgeting requires more attention and intention at first. But as you build that muscle, it becomes a habit.

Budgeting as Art, Not Just Math

Align your spending and saving with your values. Be realistic. Include the necessities but also allow room for what brings you joy. Categorize your spending into fixed, variable, discretionary and non-discretionary. This can help you see where your money is really going and where there's room for adjustment. Even though it involves numbers, budgeting is less of a science and more of an art. Bring creativity into the process to reduce stress and give yourself the freedom to adapt. Life rarely goes exactly as planned—but having a system allows you to pivot with confidence.

From Budgeting to Wealth Strategy


Budgeting isn't just about spending; it's about building. And that's where wealth strategies come in. Budgeting helps you create margin—space to plan, to invest and to build toward long-term goals. Systematic investing, even in small amounts, is one way to do that. Consider starting with a percentage rather than a dollar amount. That way, as your income grows, so does your investment. Think of it as paying your future self first.

Support Structures for Financial Success

Entrepreneurs often face unique challenges when it comes to wealth building. Income can fluctuate, taxes can be complex and retirement plans aren't always pre-built into the structure. That's why it's critical to surround yourself with a trusted team—a CERTIFIED FINANCIAL PLANNER® professional, CPA, business attorney and others who can help you navigate the terrain. Social media is full of advice but algorithms can't replace professional expertise. You don't have to know everything—you just have to know who to ask.

Wealth Is Not Built Alone

As the African proverb goes, "If you want to go fast, go alone. If you want to go far, go together." As an entrepreneur, you may not always have employees or a traditional team, but you can still build community. Wealth building doesn't happen in isolation. It's nurtured through shared knowledge, consistent action and structures designed to support your growth—just like the bamboo.

Build the foundation, tend to the roots, and the growth will follow. 

What If I Fail Again?

Many have asked this question as entrepreneurs or will at some point in their entrepreneurial journey and we felt that Aliaa Remtilla's personal story will help address the fear and uncertainty that is often associated with this question.

For me, fear begins in my chest as a quiet heat. Then it spreads to my face. My arms. My toes. It's a full-body alarm that freezes me and forces me to pay attention.

I felt that fear – vividly – two years into building StoryTiling¹, a startup I co-founded. We had raised significant funding, we had a promising product and we had clients. But we didn't have a clear path to a big exit, like our investors were hoping for. And one day, my co-founder asked the question that had been left unspoken for months:

"Should we stop?"

Hearing the question spoken out loud hit me hard. My body responded before my mind could: the heat, the tightening, the sense of everything narrowing in.

It wasn't just fear about the future of the company. It was fear about what the decision would say about me – a BIPOC woman who had "made it" on paper. Harvard grad. PhD. Non-profit executive. And now co-founder of a venture-backed startup. I had built a life around ambition and success. Around proving that I could succeed in spaces that weren't built for me. Which meant that the startup HAD to succeed!

I come from a tight-knit, high-achieving community. I'm a second-generation Canadian Ismaili Muslim. My parents (and grandparents and great-grandparents) were born in Tanzania. My ancestry before them is from the pre-partition Indian subcontinent. In communities like mine, reputation matters. Failure isn't just personal. It reflects on your family. Your upbringing. Your worth.

So my startup HAD to succeed. And



Aliaa Remtilla, PhD
Harvard-trained anthropologist, executive coach and startup founder

that's the decision we made. We pivoted, retooled and found ourselves with more traction than ever. Our product gained real momentum. Customers were happy. We knew what triggers to pull to increase our revenue. We had what we'd been chasing all along.

I bet you're rolling your eyes right now... yet another "success story" that rings untrue.

It's not that. Because a year later – after three years of building, iterating, and paying ourselves minimum wage – we were tired. We had traction, yes – but we were out of capacity. The product was strong, but our energy wasn't. We craved financial stability. The life we'd built for ourselves around the startup no longer fit what we wanted our lives to look like.

We found ourselves asking the same question again:

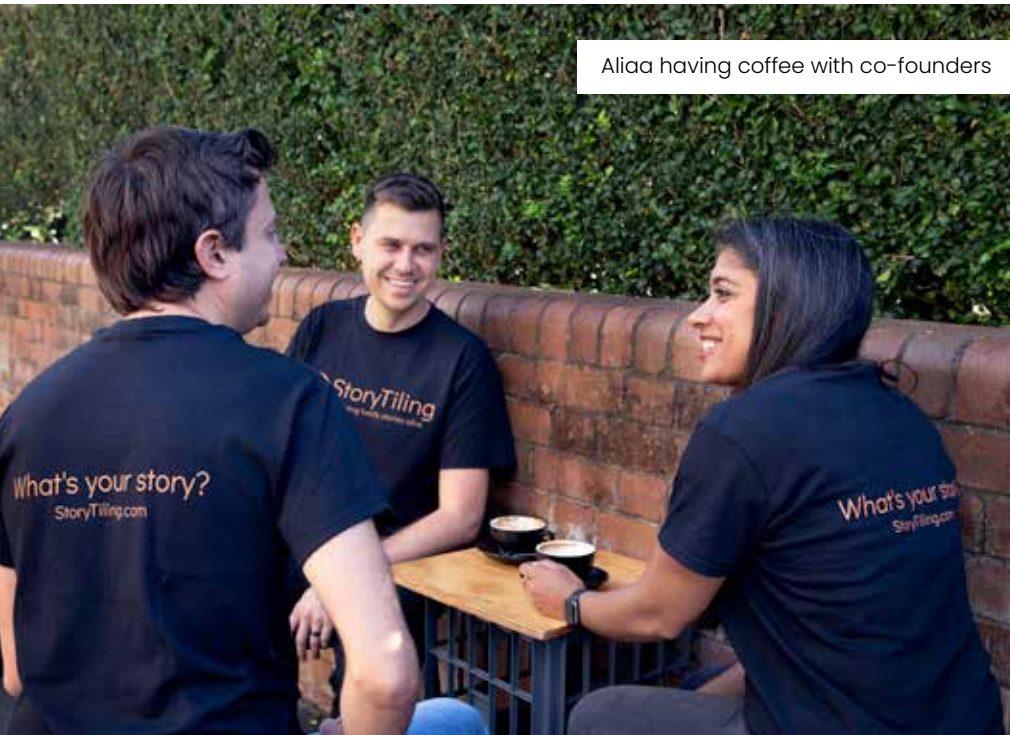
"Should we stop?"

The fear was just as present as it had been the first time. But I responded to it differently. I didn't try to stuff it deep down and will it to desperately GO AWAY! Instead, I got curious. I sat with it.

What am I here to protect? What am I pointing to? What am I not yet ready to admit? The questions didn't



Aliaa pitching startup, StoryTiling



Aliaa having coffee with co-founders

banish the fear; they brought it into the room in a new way. And I began to explore what value fear might have to offer. What if it wasn't an obstacle to overcome, but information to work with? What if fear could serve as a compass – not always to avoid, but to understand?

That shift changed how I moved through uncertainty. I stopped seeing fear as something to eliminate and started seeing it as something to learn from. And when I finally listened, I realized the fear wasn't just about failing. It was about what failure would say about who I am.

I'd spent my life achieving – recruited to play field hockey at Harvard, got a PhD, led a multi-national nonprofit, published a book – I'd built a story of relentless forward motion. The idea of shifting direction – without a clear "win" – felt like breaking that story. It felt like fear.

Once I understood that, I was able to work with it. And ask the better question: "What do I actually want?"

And the honest answer was the way we were working on our startup wasn't sustainable. We weren't ready to shut down the company – our product was positively impacting people's lives. But we needed to change how we were supporting it. So, we decided to reduce our time inside the business and bring in someone who could help it grow with more capacity than we had.

That decision opened yet another decision to be made: what next? Consulting would have been the obvious next move – predictable income, clear deliverables, short-term contracts. It would have let me recover financially, while still leaving time to contribute to the startup.

And I almost did it.

But there was something else pulling at me. Coaching. A path I'd been circling around for years – but never fully claimed because it was risky. It meant building another business from scratch – and I knew how hard that was. Would I be able to get clients? Would I be able to sell what I do? Did the world really need one more coach?

And more than anything: What if I failed again?

The fear of compounding failure was real. It would make me "that person" whose early promise faded into a string of quiet flops. The woman who peaked early. Who couldn't keep it up.

And once again, I needed to switch from worrying about what my life looks like from the outside, to asking the deeper question of what was true for me. And I realized that if I didn't give coaching a real shot, THAT would be the failure. Not trying at all – choosing safety over truth – was the outcome I feared most.

And maybe that's what fear was trying to show me all along: not what to avoid, but what mattered enough to risk failing at.

And as I grew my coaching



Aliaa at book signing

business, I saw this same pattern in so many of my clients. High-achieving professionals, many of them women of color, who are smart, capable, driven – and who have gotten very good at managing fear by pushing it down and ignoring it. Many of us learned early on to compartmentalize emotion in order to survive and succeed. We stayed focused. We got through. We achieved.

And then, often in our 30s or 40s or 50s, the armor starts to crack. The strategies that helped us rise begin to feel brittle. That's where I meet my clients: in the liminal space. That strange, stretched-out middle where one chapter is closing and the next hasn't fully arrived. It's uncomfortable. And it's also where real change begins.


And the work we do sometimes has to begin by stripping everything back to

what truly matters, beneath the noise. Other times it starts with envisioning a different future altogether – one that honors not just what my client is good at, but what they actually want.

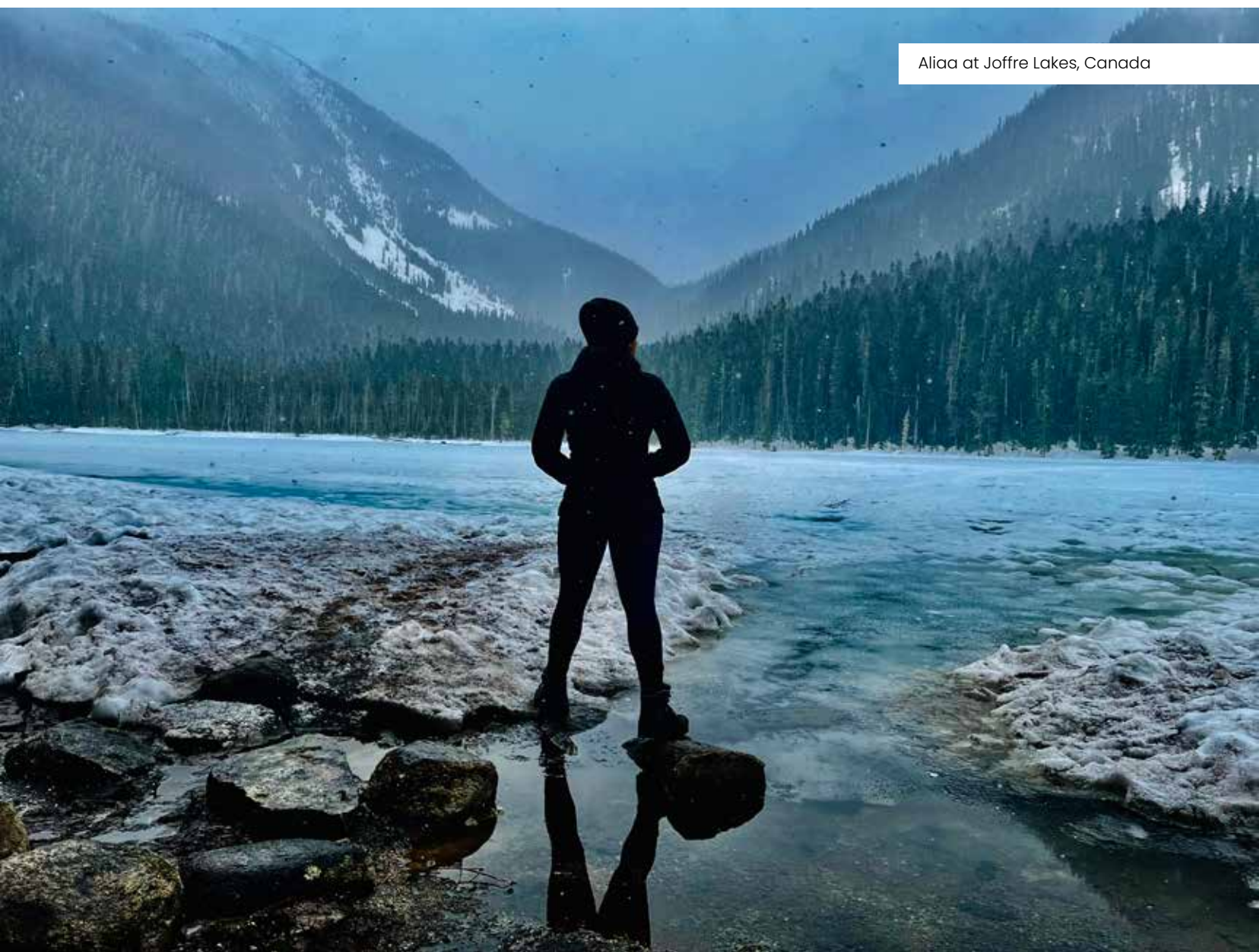
Together, we stop waiting for fear to disappear, and start asking what it's here to teach. And it's different for everyone. Meena went from feeling directionless and powerless to reclaiming her agency and negotiating a higher salary and a promotion. Caroline, drowning in the responsibilities of motherhood and being a startup founder, learned how to say 'no' without guilt so she could prioritize herself. And Anisa listened to a nagging feeling that something was "off" and launched a new business and landed her first three paying clients in just two weeks.

None of them waited for fear to disappear. They listened to it. They learned from it.

I still feel fear all the time: when I share something publicly that matters to me (like this article!), when I launch a new offer, when a client hesitates, when something I pour my heart into doesn't land. But now I don't freeze. I don't run or hide. I breathe. I listen. I learn.

The real work isn't about erasing fear. It's about building a life that can hold it. And inviting it in. Because fear, when faced with open curiosity, can point us to the exact thing we're meant to pay attention to. 

Fear sucks. And it's my best friend. Maybe it could be yours too.



Aliaa at Joffre Lakes, Canada





hope + wellth

MAGAZINE

Wellthy 25

Too often, success is measured by how much we can push, produce and perform, but these extraordinary women of color are shifting that narrative. Our Wellthy 25 honorees are entrepreneurs, wellness leaders, doctors, attorneys, actresses, financial experts, venture capitalists, therapists and creative powerhouses who are all redefining what it means to thrive. They're building legacies, leading communities and making bold moves, without sacrificing their well-being. In this special feature, they share what success looks like for them and why self-care is not a luxury, but a non-negotiable.





Michele Smith

CEO of the Museum of Pop Culture (MOPOP) |
Cultural Strategist | Equity-Driven Leader
mopop.org

When Michele Y. Smith became CEO of Seattle's Museum of Pop Culture (MOPOP), she didn't just make history, she set a new standard. As one of the few Black women leading a major arts institution in the U.S., Michele brings a distinct clarity of purpose to her role: museums, she believes, aren't just places to preserve the past. They are living, breathing platforms for cultural dialogue, representation, and transformation. With her at the helm, MOPOP has become a national model for how arts institutions can both honor legacy and shape the future.

To Michele, success is not solely measured by headlines or foot traffic. It's about whose stories are being told, who feels welcome, and how deeply the institution resonates with its community. She believes in opening doors for others, shining light on narratives that have long been overlooked, and creating a space where people of all backgrounds can see

themselves reflected and respected.

Though she is currently leading MOPOP's ambitious campaign to become the official National Museum of Pop Culture, a move that would mark a significant milestone for both the institution and the cultural landscape of the country, she also understands that sustaining this level of innovation and integrity requires inner balance. Despite the demands of running a national institution, she leads with empathy, intention, and emotional intelligence. At MOPOP, she has cultivated a workplace culture centered on transparency, care, and collective restoration. Her leadership style affirms that sustainable progress begins with sustainable people and that includes herself. She actively prioritizes rest, reflection, and boundaries, and she encourages her team to do the same. Michele is the embodiment of purpose-driven leadership and is redefining what power looks like in the arts.



2

Trinette Faint

Novelist | Screenwriter | Actress | Founder of Faint Services Group
trinettefaint.com

Trinette Faint is a storyteller, creative entrepreneur, and wellness advocate who has built a career defined by honesty, reinvention, and resilience. As a novelist, screenwriter, actress, and founder of the Faint Services Group, Trinette blends artistry and entrepreneurship with an unwavering commitment to truth. Her creative journey began as a model in France at 19 and evolved into a dynamic career that has included working with entertainment giants like Will Smith's production company and a 6½-year tenure at Google.

Trinette has published two novels and earned recognition as a two-time semi-finalist in the 2025 ScreenCraft TV Pilot Competition. At 53, she deepened her craft by earning a certificate in Feature Film Writing from UCLA. Trinette is also Harper's Bazaar's first-ever Fabulous at Every Age

grand prize winner—an acknowledgment of both her creative spirit and her grace.

She defines success not by fame or commercial benchmarks but by growth, purpose, and the ability to remain optimistic through every chapter. For Trinette, storytelling is more than a profession—it's a sacred calling. Whether through the written word or on-screen performance, her mission is to tell stories that reflect truth and humanity.

Standing tall at 6'1", Trinette is a proud Black woman who uses her voice and visibility to inspire and uplift women—particularly those forging nontraditional paths. She prioritizes peace through self-care, global travel, and honoring her inner compass, proving that a life well-lived is one rooted in authenticity, joy, and purpose.







3



Advanced Intuitive Healer | Spiritual Life
Coach | Ordained Minister
www.missyenergyhealing.com

Missy Toy Ozeas is a gifted energy healer and spiritual life coach who empowers empathic leaders and visionaries to live fearlessly, authentically, and in alignment with their true selves. She uses her intuitive abilities to help her clients clear deep energetic blocks and tap into their fullest potential.

Her path into healing was far from traditional. For years, Missy kept her intuitive gifts hidden out of fear of being judged or misunderstood. But at age 51, she had a transformative awakening after hearing the clear message: "You are a healer." That moment marked a bold shift from her long-standing career in the television industry into a new life rooted in purpose and spiritual service. Since then, Missy has not only stepped fully into her calling, but also tripled her income and created a life filled with authenticity, impact, and abundance.

She defines success as the freedom to live on her own terms, spiritually, creatively, and financially. Success means working with aligned clients, setting her own schedule, taking extended vacations,

and living with deep joy and purpose. Her lifestyle reflects the harmony she helps others achieve: a mix of self-care, spiritual practice, and worldly exploration. Her daily routine includes meditation, movement, and clear boundaries to preserve her peace and energy. Frequent travel keeps her inspired and connected to a larger sense of possibility and flow.

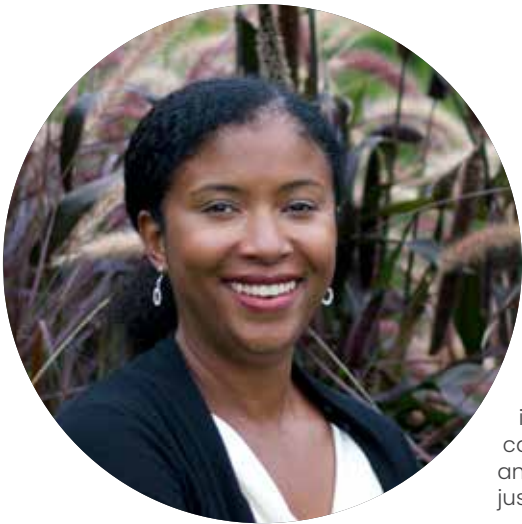
Missy has become a leader in the modern spiritual wellness movement. Her work has touched thousands, including creatives from Disney and Netflix, wellness entrepreneurs, and coaches and she recently co-launched her own podcast, *Trust the Universe with Missy & Catherine*, offering guidance for spiritually curious listeners around the world.

As an Asian-American woman who reclaimed her voice and power later in life, Missy's story is a powerful reminder that transformation can happen at any stage. Her courage, intuition, and unwavering commitment to helping others heal make her a standout in the wellness industry.



4

Dr. Markyia Nichols



Chief Medical Officer, Ciba Health | OB/GYN
| Functional Medicine Expert
[instagram.com/drkyia](https://www.instagram.com/drkyia)

Dr. Markyia Nichols is on a mission to transform how we heal. As a board-certified OB/GYN and Functional Medicine leader, she's not just practicing medicine, she's literally reimagining it. At Ciba Health, where she serves as Chief Medical Officer, and in her personal practice, she uses root-cause medicine to help patients prevent and reverse chronic conditions rather than just manage them.

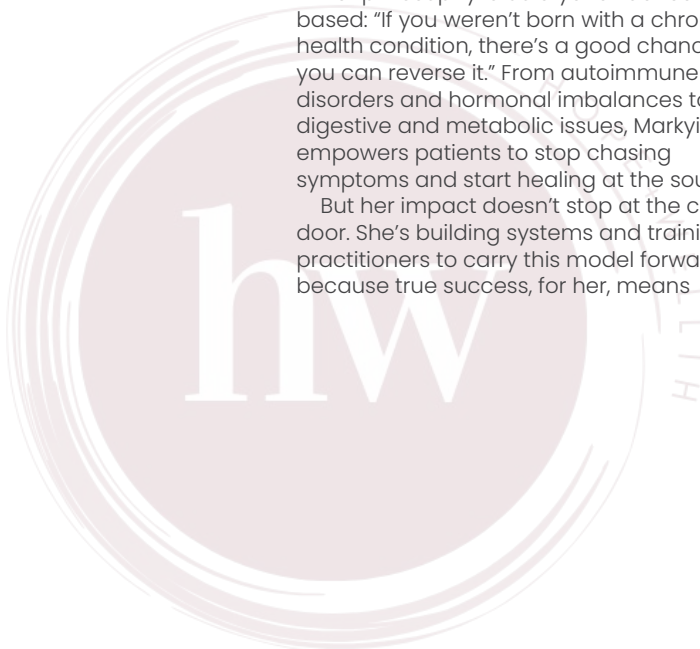
Her philosophy is bold yet evidence-based: "If you weren't born with a chronic health condition, there's a good chance you can reverse it." From autoimmune disorders and hormonal imbalances to digestive and metabolic issues, Markyia empowers patients to stop chasing symptoms and start healing at the source.

But her impact doesn't stop at the clinic door. She's building systems and training practitioners to carry this model forward because true success, for her, means

creating a ripple effect of wellness far beyond individual care.

After facing burnout herself, Markyia redesigned both her practice and her life to reflect what she teaches. Her mornings begin with movement and meditation. Her calendar protects deep work and time with family. She takes quarterly retreats to realign and recharge. "My most innovative ideas come when I slow down," she says. "Ambition flows from wholeness, not depletion."

Markyia's brilliance lies in her blend of clinical excellence, radical honesty, and compassionate leadership. She's not just treating patients, she's changing lives, systems, and beliefs. Through her work at Ciba Health and beyond, Markyia is building a movement: one that sees the whole person, honors the power of prevention, and believes that real healing starts at the root.



5

Katina Holliday

Founder of Holliday's Helping Hands |
Community Advocate | Spiritual Leader
hollidayshh.org

As the founder of Holliday's Helping Hands, Katina has dedicated her life to creating long-term, dignified housing solutions for Los Angeles' most vulnerable, particularly unhoused individuals and families impacted by the justice system.

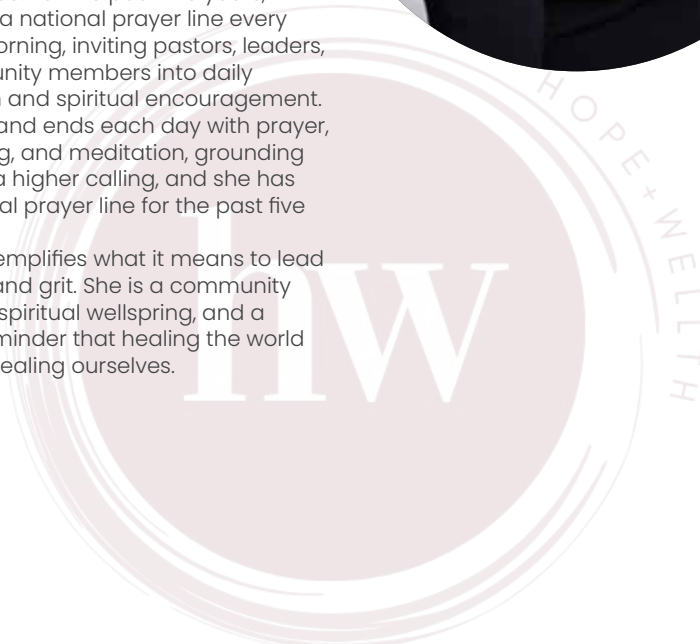
Drawing from her 25-year background in nursing, she's developed a holistic, trauma-informed care model that goes far beyond a roof over someone's head. Her organization offers mental health services, job training, life skills coaching, permanent housing restoration and hope. Her innovative Shine Ambassador Program, named in honor of her grandmother's legacy of unconditional care, equips residents to rebuild their lives with dignity, structure, and confidence. Katina's work is reshaping how Los Angeles responds to homelessness; one rooted in empathy, empowerment, and sustainable

change.

But Katina knows true service doesn't start with action, it starts with intention. That's why her definition of success is deeply personal: doing what you love while leaving a lasting impact on people's lives. Her work is both a mission and a ministry.

In the midst of such powerful public leadership, Katina fiercely protects her private peace. For the past five years, she has led a national prayer line every weekday morning, inviting pastors, leaders, and community members into daily communion and spiritual encouragement. She begins and ends each day with prayer, Bible reading, and meditation, grounding her work in a higher calling, and she has led a national prayer line for the past five years.

Katina exemplifies what it means to lead with grace and grit. She is a community architect, a spiritual wellspring, and a powerful reminder that healing the world starts with healing ourselves.



6

Tesha Allison

Attorney | TEDx Speaker | Author | Entrepreneur |
Real Estate Broker | Empowerment Coach
teshaallison.com

Tesha Allison is the definition of resilience in motion. A teen mom at 15, a high school dropout, and once homeless, she transformed her pain into power and built a life that defies every statistic. Today, she's a successful attorney, TEDx speaker, author, entrepreneur, real estate broker, and mother of eight. But more than any title, Tesha is a living example of what's possible when grit meets grace.

She now uses her story to empower others through her signature philosophy, Thrive Thru It™, a transformational approach that teaches people not just how to overcome adversity, but how to alchemize it into growth, alignment, and self-ownership.

Her definition of success changed in a courtroom. After winning a high-stakes case, she walked out with a victory, but no feeling. That disconnect led her to realize that success isn't just about accolades or outcomes; it's about your internal thermostat. From that awakening, she

began the deeper work of healing, mindset, and purpose, and now she helps others do the same.

Tesha prioritizes peace with the same fire she brings to the courtroom. Whether through prayer, setting boundaries, or modeling what rest and reflection look like as a high-achieving woman, she's rewriting the rules. Her balance of ambition and self-care is intentional.

Her story is both impressive and impactful. Tesha doesn't see her success as hers alone. She uses it as a platform to coach women, teens, entrepreneurs, and professionals toward reclaiming their voice and rewriting their narratives. She's proof that where you start doesn't determine where you'll end up.

She says it best: "My success is not just mine, it is a tool, a platform, and a light for others to step into their own greatness. Because when one of us rises, we all rise."







7

Adrienne Nicole

Emmy-Nominated Producer | Health Advocate |
 Founder of The Lupie Fam

ProducedbyANP.com

Few embody the intersection of purpose, passion, and perseverance like Adrienne Nicole. As the founder of Adrienne Nicole Productions (ANP) and the powerhouse behind The Lupie Fam nonprofit, Adrienne has built a career and a calling at the crossroads of media, health, and advocacy.

Adrienne is an Emmy-nominated producer, award-winning entrepreneur, and a four-time Telly Award winner whose work in video and photography production focuses heavily on healthcare, pharmaceutical, and cross-cultural storytelling. Her company, ANP, has collaborated with household names like Ford, H&M, Merck, and Regeneron, elevating patient voices and putting real stories at the forefront of media that matters. But her most impactful project has been the one she lives every day: navigating life with lupus.

Diagnosed in 2009, Adrienne turned her own health journey into a platform for transformation. She knew early on that accurate, empathetic representation in healthcare media was severely lacking especially for BIPOC communities. So she

decided to change that. Through ANP, Adrienne centers patients' perspectives, creating content that is not only clinically sound but emotionally resonant.

Success is defined by impact because she believes in amplifying unheard voices, transforming how we talk about chronic illness, and cultivating inclusivity in both media and medicine. She's brought that mission to platforms like BET's Glam Gap series, ABC News, and the Tom Joyner Morning Show, using every opportunity to challenge health disparities and promote equity.

For Adrienne, stress isn't just uncomfortable but because of her lupus, it can be dangerous. As a result, she doesn't just balance wellness with success, she integrates them, incorporating holistic wellness practices into her daily life.

More than a media mogul, Adrienne Nicole is a beacon of possibility, showing us that with intention, adversity can fuel purpose, and wellness can coexist with ambition. She's not just producing content, she's producing change.

8

Robbin Turner, M.Ed.



Founder of Violet Botanical Skincare | Botanical
Formulator | Herbalist | Wellness Advocate
violetbody.net

What if the secret to success isn't hustle but healing? That's the quiet, transformative power of Robbin Turner, a woman who built her skincare brand not from urgency, but from love, purpose, and the deep belief that true wellbeing should never come at the expense of wholeness. As a botanical formulator, herbalist, mother, and founder of Violet Botanical Skincare, Robbin is redefining what it means to lead with softness, strength, and cultural integrity.

Robbin didn't set out to launch a business, she set out to heal her loved ones. When her husband and son struggled with dry, eczema-prone skin and conventional products failed them, she turned to African plant medicine and ancestral knowledge. From that deeply personal mission, Violet Botanical Skincare was born.

Each formula is handcrafted with intention; infused with Robbin's background in kinesiology, reverence for herbal traditions, and commitment to holistic care. As a solo founder and Research

Ambassador for the National Eczema Association, she champions skin health for all, especially for communities of color often left out of wellness narratives.

To Robbin, success isn't measured by sales or social stats. Success is being there for the morning breakfast chats, the mid-day check-ins, and the late-night talks about everything and nothing. It's hearing her son's voice on the phone from college and knowing she helped build the foundation he stands on. It's watching her husband apply the body butter she formulated with him in mind. That's the life she's worked hard to build and that's success to her.

Robbin lives the balance she believes in gardening, growing food, moving her body, and resting with intention. Her brand is a reflection of her life and her story is a powerful reminder that success can be soft. That it can be sacred. And that healing is a legacy worth celebrating.



9

Sara Becker

Founder of Releaseology | Holistic Physical
Therapist | Nervous System Specialist
www.releaseology.com

Sara Becker is redefining what it means to heal, one nervous system at a time. As the founder of Releaseology, she's built a practice grounded in getting to the root of pain, stress, and dysfunction. Combining neurokinetic therapy, nervous system regulation, and hands-on techniques, Sara helps people experience faster, lasting results that traditional therapy often misses.

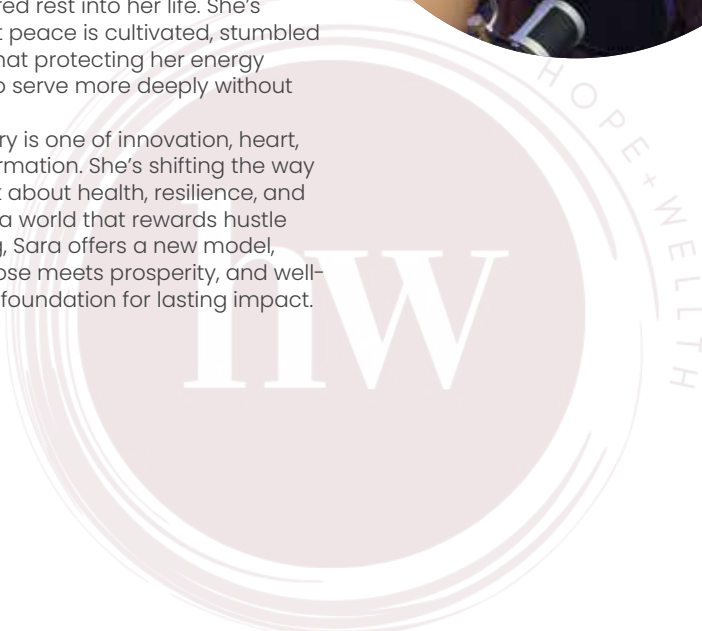
Her approach doesn't end at the treatment table. Through workshops, educational content, and her upcoming courses, she's empowering clients, caregivers, and fellow practitioners to take ownership of their wellness. Whether teaching about the vagus nerve or guiding patients through mobility work, Sara translates complex science into practical, life-changing tools.

Sara defines success as building a sustainable business that honors

her health while elevating others. With years of experience treating neurological conditions like stroke and spinal cord injuries, she applies that deep understanding of the brain-body connection to help clients reduce pain and reclaim movement faster and with more impact.

Her own well-being is non-negotiable. Sara practices what she teaches, integrating breathwork, myofascial release, and structured rest into her life. She's learned that peace is cultivated, stumbled upon, and that protecting her energy allows her to serve more deeply without burning out.

Sara's story is one of innovation, heart, and transformation. She's shifting the way people think about health, resilience, and recovery. In a world that rewards hustle over healing, Sara offers a new model, where purpose meets prosperity, and well-being is the foundation for lasting impact.





10

Tiffany Joy Murchison

Founder & CEO of TJM & Co. Media Boutique |
 Communications Strategist | Purpose-Driven PR Leader
www.tjmandco.com

Tiffany Joy Murchison is the kind of communications powerhouse who leads not with noise, but with purpose. As the founder of TJM & Co., she built her agency around a simple but profound mission: “Where PR Meets Purpose.” She doesn’t just shape brands—she amplifies impact. Tiffany partners with mission-driven organizations, from underrepresented entrepreneurs to domestic violence survivors and youth in underserved communities, helping them share their stories, elevate their platforms, and spark meaningful change.

Her commitment is more than professional, it’s deeply personal. Tiffany sees her work as an extension of her calling, and every campaign, client success, and media moment reflects that alignment. For her, purpose is not a buzzword. It’s a business model. It’s ministry in motion.

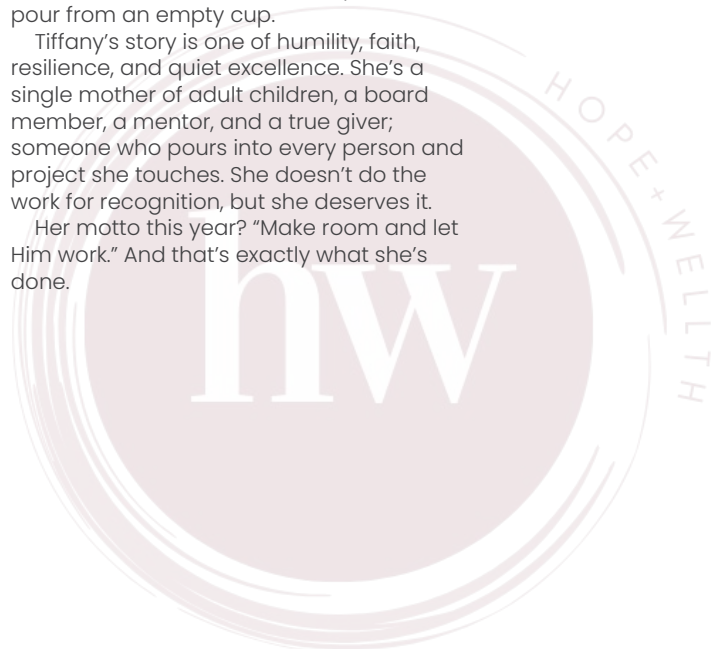
Tiffany defines success as making God proud. She often says TJM & Co. is God’s business and she’s just the vessel. Awards,

accolades, and powerful testimonials are all byproducts of her faith-forward leadership and her refusal to separate service from strategy.

Peace and wellness are non-negotiables in her world. Tiffany prioritizes her well-being through therapy, vitamin infusions, prayer, travel, spa days, and rest. She knows when to step back, reset, and re-center with God, especially after seasons of stress or depletion. Her boundaries are sacred, because she understands that you can’t pour from an empty cup.

Tiffany’s story is one of humility, faith, resilience, and quiet excellence. She’s a single mother of adult children, a board member, a mentor, and a true giver; someone who pours into every person and project she touches. She doesn’t do the work for recognition, but she deserves it.

Her motto this year? “Make room and let Him work.” And that’s exactly what she’s done.





Princella Talley

Writer | Environmental Justice
Advocate | Digital Marketing Strategist
www.princellatalley.com

Princella Talley is reshaping what leadership looks like at the intersection of climate justice, social impact, and digital storytelling. As a published writer, climate advocate, and marketing strategist, she brings a rare blend of lived experience, technical expertise, and deep purpose to every space she enters.

A native of Pineville, Louisiana, Princella's advocacy is rooted in firsthand exposure to environmental racism. Her community suffered long-term health impacts from toxic soil and air contamination, an injustice that continues to shape her fight for equity. As a climate writer, she's been featured in BET, Ms. Magazine, Grist, In These Times, and more. She's spoken at over 25 national climate events and helped implement a climate curriculum after organizing a student trip for 47 Black youth to an environmental conference.

But her impact doesn't stop there. As a digital marketer, she empowers women- and Black-owned businesses

through strategy-driven storytelling, SEO, and inclusive branding. Her mission? To make digital spaces more equitable and profitable for those historically left out of the conversation.

For Princella, success means creating impact while honoring her health, creativity, and community. Living with a chronic illness, she's redefined ambition on her own terms—choosing rest, radical boundaries, and self-compassion as essential parts of her leadership. Yoga Nidra, journaling, tea rituals, and digital detoxing are not luxuries; they're survival tools and sacred practices.

She represents a new paradigm of leadership, one where social change and personal sustainability go hand in hand. Through every story she tells and every system she challenges, Princella reminds us that healing the world must start with how we care for ourselves.





12

Rasheda Williams

Founder of Empowered Flower Girl & Inspired Life Professionals | Mentor | Social Impact Strategist
 inspiredlifepros.com

Rasheda Kamaria Williams is a force for good and for growth. As the founder of Empowered Flower Girl, she has uplifted thousands of youth and advocates across the globe, creating space for girls and young women to feel seen, heard and valued. And in 2024, she expanded her mission with the launch of Inspired Life Professionals, a consulting firm designed to guide purpose-driven founders and changemakers. She has spent over 15 years transforming the lives of young people, women, and social impact leaders by helping them realize their purpose and power.

But Rasheda's impact doesn't come from a place of relentless hustle, it comes from hard-won wisdom. In 2016, after experiencing deep personal loss and the heavy weight of burnout, she took a bold step and walked away from the grind. That decision led to a two-year sabbatical she calls her time to "live for a living." It

was during that season of stillness and healing that she reconnected with her true purpose, published her book, and laid the foundation for the life she leads today.

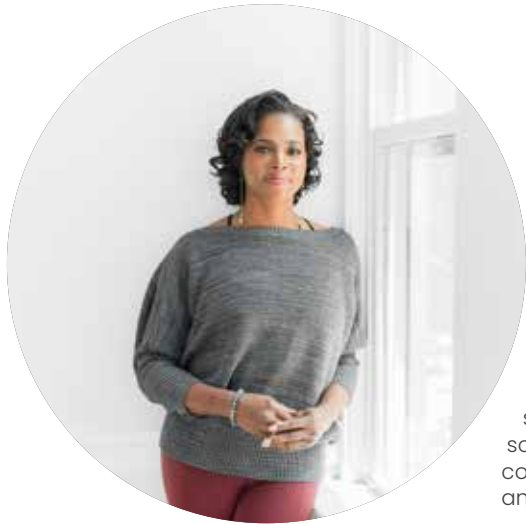
Rasheda's leadership and authenticity have earned her national recognition. She was named one of Everyday Power's "29 Inspirational Female Entrepreneurs," featured in MentHer magazine's "Top 20 Social Impact Founders," and honored with the Presidential Lifetime Achievement Award in 2024.

Despite her accolades, however, she defines success by the lives she touches and the light she helps others see in themselves. It's the moment a student says, "You helped me feel seen," or a client's face lights up after landing a game-changing grant. Her story is a powerful reminder that clarity, alignment, and peace are not luxuries, they are essential parts of meaningful success.



13

Michelle Johnson



Healing Arts | Social Impact | Education |
Wellness | Spiritual Teaching
michellecjohnson.com

Michelle Cassandra Johnson is a powerful presence in the healing and wellness space; a teacher, author, healer, and activist whose life's work is rooted in collective liberation and transformation. With over two decades of experience, she blends spiritual practice, social justice, and somatic healing to guide individuals and communities toward deeper awareness and wholeness.

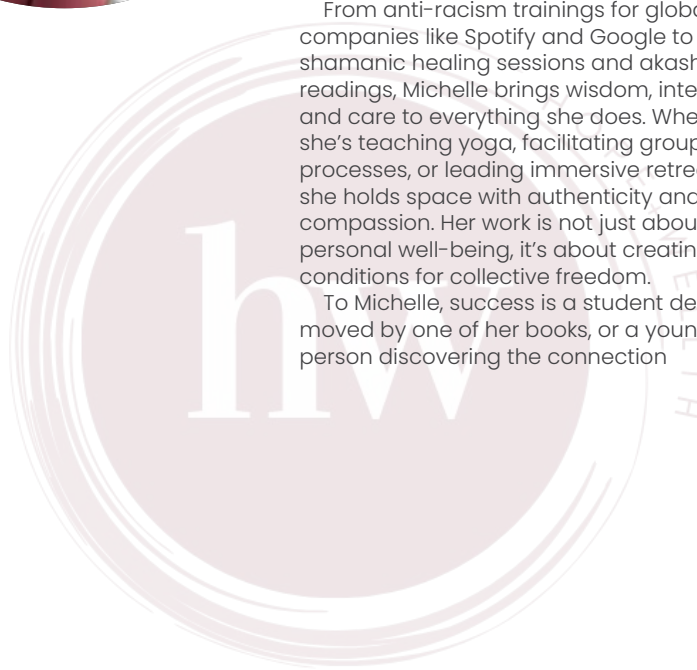
From anti-racism trainings for global companies like Spotify and Google to shamanic healing sessions and akashic readings, Michelle brings wisdom, intention, and care to everything she does. Whether she's teaching yoga, facilitating group processes, or leading immersive retreats, she holds space with authenticity and compassion. Her work is not just about personal well-being, it's about creating the conditions for collective freedom.

To Michelle, success is a student deeply moved by one of her books, or a young person discovering the connection

between yoga and justice. Michelle prioritizes peace and well-being through daily contemplative practices like yoga, mindfulness, and communion with nature.

Beyond her healing work, Michelle is also a former elected official, licensed clinical social worker, host of the *Finding Refuge* podcast and her first book, *Skill in Action*, has sold over 10,000 copies and was originally self-published but later re-released through Shambhala Publications.

Michelle Johnson doesn't just advocate for wellness, she embodies it. She creates transformational spaces where people can heal, awaken, and imagine a more liberated world. Through her writing, speaking, and teaching, she continues to be a bridge between the spiritual and the political, the personal and the collective. She is a true example of what it means to thrive while helping others do the same.



14

Rachel Smith, LMFT, CST

Certified Sex Therapist | Founder of Infinite Intimacy Therapy | Healing Justice Advocate
www.infiniteintimacytherapy.com

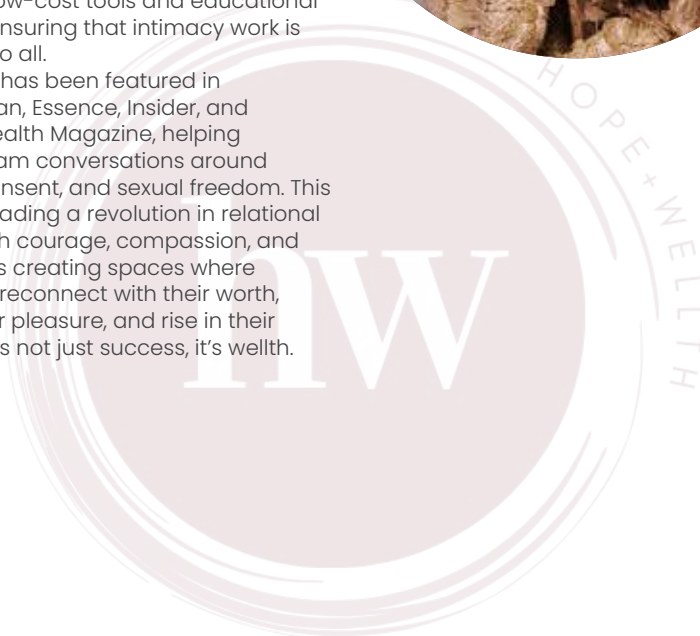
Rachel Smith isn't just helping people heal, she's helping them come home to themselves. As a certified sex therapist and licensed marriage and family therapist, Rachel is one of the bold, brilliant voices redefining what intimacy and emotional connection mean in today's world. Through her practice, Infinite Intimacy Therapy, Rachel supports individuals and couples in building deeper, safer, more sensual relationships with themselves and with others.

Her approach is both clinical and sacred. Rachel fuses traditional therapy with holistic tools, integrating spiritual, emotional, and somatic healing techniques that reflect the whole person, not just the diagnosis. From private therapy sessions to immersive retreats, her offerings are rooted in liberation, vulnerability, and radical self-love, especially for BIPOC women, who are often left out of mainstream mental and sexual wellness spaces. Her message is clear: you deserve to feel good; fully, safely,

and on your own terms.

For Rachel, success is about depth and prosperity is about peace. It's about divine connection, healing with dignity, and helping others move from survival to thriving. Through a mission-aligned business model that includes therapy, paid speaking engagements, curated group programs, and accessible digital resources, she's created multiple streams of income without ever compromising her values. She also offers low-cost tools and educational resources, ensuring that intimacy work is accessible to all.

Her voice has been featured in *Cosmopolitan*, *Essence*, *Insider*, and *Women's Health Magazine*, helping to mainstream conversations around intimacy, consent, and sexual freedom. This woman is leading a revolution in relational wellness with courage, compassion, and clarity. She is creating spaces where people can reconnect with their worth, reclaim their pleasure, and rise in their power. That's not just success, it's wellth.



15

Stephanie Kirkland

Entrepreneur | Beauty & Wellness
Visionary | Founder of My Sister's Stuff

thestylelifecoach.com

Stephanie Kirkland is redefining beauty as a path to wholeness. As the founder of My Sister's Stuff Boutique Salon and the Coiffed 01 Hair Care line, she creates more than products and services. She creates sanctuary. Her spaces are healing spaces, where women come to shed burdens and walk out lighter, more radiant, and more rooted in their worth.

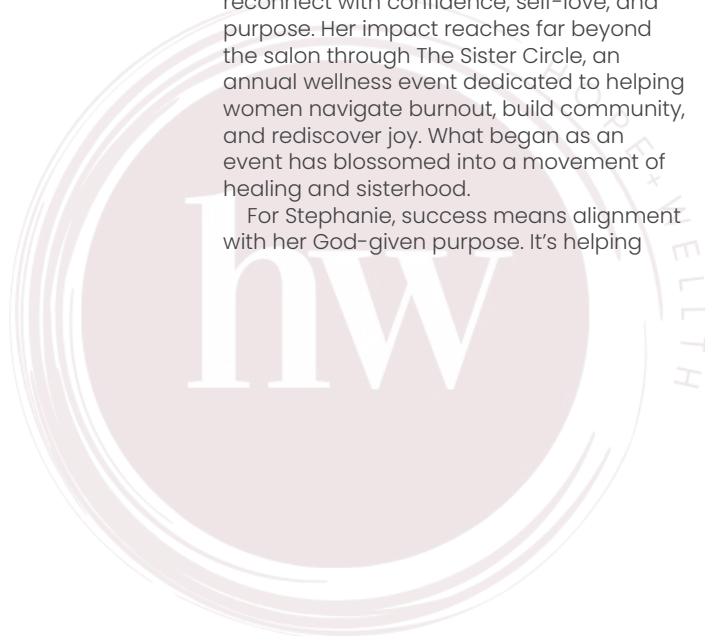
Stephanie's true genius isn't just in styling, it's in transformation. She sees every interaction as sacred, helping women reconnect with confidence, self-love, and purpose. Her impact reaches far beyond the salon through The Sister Circle, an annual wellness event dedicated to helping women navigate burnout, build community, and rediscover joy. What began as an event has blossomed into a movement of healing and sisterhood.

For Stephanie, success means alignment with her God-given purpose. It's helping

women feel seen, powerful, and whole even in their brokenness. As she often says, "Even broken crayons still color," and that belief infuses everything she does from her fashion workshops to quiet moments of soulful conversation.

Whether she's journaling with coffee in hand, dancing in the kitchen with her sons, or stepping away from the noise to reconnect with herself, Stephanie lives with intentional rhythm. She no longer measures success by how much she carries, but by how fully she shows up for herself and others. She leads from a place of clarity, creating space for rest, reflection, and restoration without apology.

Stephanie Kirkland is a living embodiment of "wellthy" living; where beauty meets healing, legacy is built with love, and every woman is reminded she is already enough.







16

Cindy Kumar

Fractional CFO | Wealth Strategist | Founder of
Elevated Accounting
elevatedaccounting.ca

In the high-stakes world of entrepreneurship, Cindy Kumar is the woman every ambitious business owner needs on speed dial. As a Fractional CFO and financial strategist, Cindy has worked with more than 200 high-earning women entrepreneurs, helping them organize the back end of their businesses, optimize their cash flow, and most importantly, feel safe with money.

Through her company Elevated Accounting, Cindy empowers women, especially women of color, to stop shrinking around numbers and start owning their worth. She doesn't just help clients hit revenue goals. She helps them build sustainable, nourishing financial lives that actually reflect the effort they're putting in. "You can make \$500K and still feel broke and burned out," she says. "That's not prosperity. That's burnout dressed up in designer."

To Cindy, prosperity means peace. It

means feeling calm when you check your bank account. It means knowing your business is funding your life, not draining the life out of you. Her approach is rooted in clarity, nervous system safety, and the radical idea that women deserve to rest while they rise.

And she walks her talk. Cindy has structured her business to protect her own well-being by unplugging regularly, traveling often, moving her body, and setting boundaries like a boss because financial freedom starts with how you treat yourself right now. As a matter of fact, she recently launched the Her Wealthy Mindset podcast, where she shares raw, real conversations about wealth, strategy, and soft-life success.

Cindy is redefining wealth on her own terms, leads her business and her life with a level of honesty and compassion that's changing the financial game for women across industries.





NaChé Thompson

Founder & CEO of NaChé Cosmetics |
Beauty Entrepreneur & Advocate
nachecosmetics.com

NaChé Thompson's path to entrepreneurship began not in boardrooms, but in classrooms. With a background in education, she spent years pouring into others before deciding to pour into herself and her community in a new way, the beauty industry. When she couldn't find beauty products that honored her rich, dark skin tone, she didn't just speak out, she built something revolutionary. As the founder and CEO of NaChé Cosmetics, she has created a beauty brand that boldly centers and celebrates the needs of dark-skinned individuals, an audience historically excluded from mainstream beauty narratives. Her mission is to redefine what inclusivity means and dismantle the default beauty standards that continue to marginalize women who look like her.

Every product in the NaChé Cosmetics line is thoughtfully developed to enhance and celebrate deeper complexions. She is a vocal leader pushing for systemic change, calling out the need to decenter whiteness as the industry's standard and

urging companies to include dark-skinned consumers in every stage of product development.

To NaChé, prosperity isn't defined by sales alone, it's about empowering others as you rise. Her definition of success is rooted in financial freedom, community impact, and unapologetic representation. She's building generational wealth not just for herself, but for others who see themselves reflected in her journey.

She also understands the importance of peace in the midst of purpose. Her career shift was deeply intentional, rooted in the pursuit of alignment. She's built a business that nourishes her values and allows her to move through the world authentically, and through her brand, she encourages others to do the same.

NaChé's work is a testament to the power of turning personal challenges into community victories. She's changing the face of beauty one product, one conversation, and one bold choice at a time.



18

Keneshia Lee,

DrPH



Entrepreneur | Mentor | Visionary

We live in a time where ambition often overshadows intention, but Dr. Keneshia Lee is a bold reminder that purpose-driven entrepreneurship is not only possible, it's powerful. Armed with a Doctorate in Public Health and Policy Management, she is blending her expertise in business with a profound commitment to community well-being.

As co-founder and Vice President of Five Fold Trucking, LLC, Dr. Lee isn't just overseeing logistics, she's creating pathways to ownership for aspiring entrepreneurs. She actively mentors drivers to become business owners, using her platform to break generational cycles of economic limitation and promote long-term financial independence in underserved communities.

In the beauty industry, Dr. Lee is the co-owner of Beauty Star Salon, LLC, where she serves as a certified loctician with a mission rooted in self-love and authentic expression. Her chair is a space of transformation where clients rediscover

their confidence, identity, and inner peace.

Keneshia defines success not by titles or dollars, but by how deeply she impacts lives. Guided by faith and resilience, she believes every closed door is simply a redirection toward purpose. Her leadership reflects the power of intention, strategy, and unwavering belief in the potential of others.

She also models balance through self-care, prioritizing her emotional wellness through regular counseling and reflection. This intentional replenishment allows her to lead with clarity, heart, and sustainability.

Dr. Lee embodies what it means to thrive with purpose and fearless vision. Her work is rooted in legacy-building, her leadership is fueled by love, and her life is a living testament to what's possible when we dare to believe in something bigger than ourselves.

19

Laura Moreno Lucas

Venture Capitalist | Founder of Libra Leaders
 | Advocate for Latina Entrepreneurs
[linkedin.com/in/lauraemoreno/](https://www.linkedin.com/in/lauraemoreno/)

In a world where capital often determines whose dreams become reality, Laura Moreno Lucas is making sure Latina voices are heard AND funded. As a trailblazer in venture capital and the founder of Libra Leaders, Laura is on a mission to rewrite the narrative for women in business by driving investments into what she calls the “women economy.” Her upcoming book, *Libra Leaders: Latinas in VC*, shines a spotlight on the powerhouse women behind the scenes; Latina venture capitalists who are quietly transforming industries and funding the next generation of innovators.

A partner at L’Attitude Ventures, Laura helps manage over \$100 million in early-stage capital, all while focusing on historically underrepresented founders. She knows firsthand the barriers Latina entrepreneurs face, and she’s using

her influence to break them down. Defining success as collective impact, her work is featured in Forbes, NASDAQ, and Her Money Moves, and her message is clear: opportunity should not be determined by zip code, ethnicity, or gender.

But even as she builds networks and moves markets, Laura remains deeply grounded in her personal life. She’s a devoted wife and mother to her daughter, Adriana. Together with her husband Brian, she shares parenting and household responsibilities 50/50; a reflection of the same equity she advocates for professionally. Her home is her sanctuary, a place where peace and partnership are just as valued as ambition.

Laura represents a new kind of wealth; one measured in access, equity, and empowerment. She is closing funding gaps in the \$1.2 trillion Latino economy, and investing in systemic change, one founder at a time.





20

Anandita Yadav

Founder of Zillajee | Ethical Fashion Entrepreneur
zillajee.com

At the intersection of sustainability, style, and soul, you'll find Anandita Yadav, founder of Zillajee, a rising fashion brand that celebrates ethical production, cultural heritage, and everyday comfort. Since launching in 2023, Anandita has grown Zillajee into a vibrant, purpose-driven business with a clear mission: to make high-quality, all-cotton loungewear accessible, inclusive, and stylish without compromising on values.

Originally from India, Anandita's connection to cotton clothing is deeply personal. Growing up, she experienced the effortless comfort, breathability, and beauty of handcrafted cotton garments. After moving to the U.S., she noticed a glaring gap in the fashion industry: ethically made, affordable, 100% cotton loungewear that doesn't sacrifice style. In response, she launched Zillajee, a brand rooted in sustainability, social responsibility, and the spirit of cultural pride.

Anandita, prosperity She believes that prosperity comes from connection: between women and their bodies, between business and values, and between culture and creativity. And, even as a fast-growing entrepreneur (Zillajee has fulfilled over 1,500 orders and holds a Star Seller rating on Etsy) Anandita prioritizes peace and personal wellness. She balances the demands of entrepreneurship with a lifestyle that reflects the calm, ease, and joy she wants her customers to feel when they slip into one of her pieces. She embraces rest, regular movement, healthy habits, and mental clarity as integral to her business success.

Anandita's work is a masterclass in conscious entrepreneurship. She proves that fashion can be beautiful and ethical, successful and sustainable, stylish and soulful. She has built a business with integrity at its core, using her roots as a source of inspiration and her vision as a vehicle for positive change.

21

Lynn Blades

Founding member of AllBright | Executive
Leadership Coach | Author | DEI Advocate
lynnblades.com

With a bold voice, a fearless mission, and a heart set on equity, Lynn is reshaping the landscape of executive leadership and mental wellness for women around the world. She's not here to play small and she's making sure no other woman has to either.

Lynn's impact stretches across industries and continents. She's coached some of the most powerful executives in the UK and the U.S., but what sets her apart is her deep, unshakable commitment to uplifting BIPOC women, especially in spaces where they've historically been overlooked. She's also a hands-on leader in nonprofit spaces, advising and chairing initiatives like Creative Access and New Curators, which provide opportunities for talent from underrepresented backgrounds.

Her recent viral post, "Black Women and Burnout: Why We're Tired of Being Tired," says what so many have felt but didn't

have the language or platform to express. Lynn gives them both. And, in May 2025, she released her new book, *The Quiet Burn: The Ambitious Woman's Guide To Recognizing and Preventing Burnout*. It's a powerful resource designed to help high-performing women reclaim their energy, purpose, and peace.

For Lynn, prosperity isn't just about wealth, it's about widening the circle. Her coaching practice thrives at the top levels of business, but she always leaves space for one standout woman who doesn't yet have the funds for coaching but has all the fire.

In a world full of optics, Lynn shows up with substance investing real time, energy, and expertise to build a more equitable future. Her vision is clear: a future where class, gender, and race are no longer barriers, and where women can lead without losing themselves.







22



Mental Health Educator | Keynote Speaker | Journalist
www.tiannafaye.com

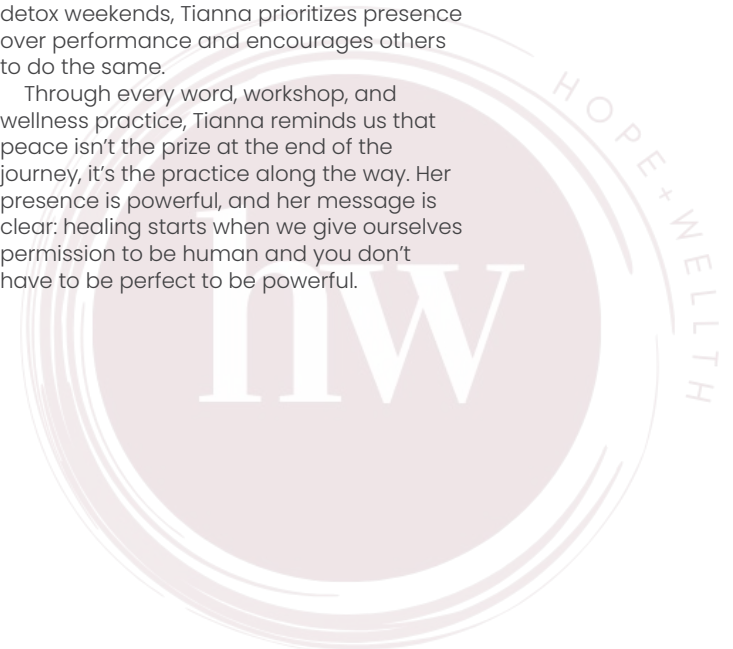
Tianna Soto is a dynamic voice in the world of emotional wellness, a woman whose work exists at the intersection of psychology, storytelling, and soul. As a mental health educator, journalist, and keynote speaker, Tianna has made it her mission to help people, especially women, feel seen, safe, and supported in their most vulnerable moments.

With a master's degree in Clinical Psychology from Columbia University and bylines in *Women's Health*, *MindBodyGreen*, and *Cosmopolitan*, Tianna skillfully blends the rigor of science with the warmth of personal narrative. Her work focuses on emotional resilience, identity, and confidence, particularly for women navigating imposter syndrome, major life transitions, or the quiet, lingering fear that they're "not enough." She has spoken on stage for companies like Meta, Boeing, and StockX, and partnered with household names like Bumble, Fitbit, First Aid Beauty, and PUMA, using her voice to spark meaningful conversations around

confidence, self-worth, and emotional well-being.

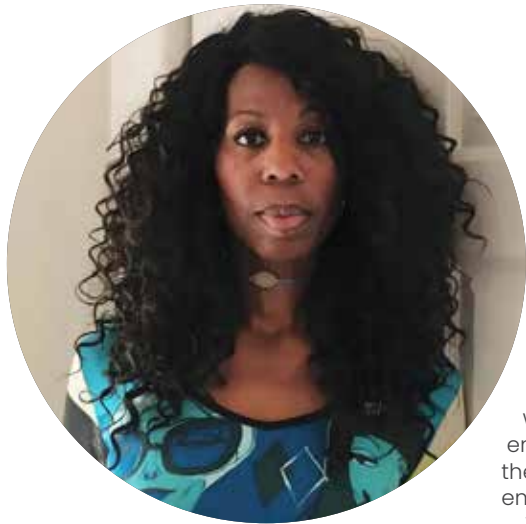
A proud first-generation college graduate of Puerto Rican and Jamaican-Chinese heritage, she defines success not by accolades, but by alignment; living in a way that honors your values and uplifts your community. As a certified yoga instructor, reiki practitioner, and somatic anxiety coach, what makes her practice stand out is her unapologetic commitment to rest and reflection. Whether it's through mindful movement, nature walks, or digital detox weekends, Tianna prioritizes presence over performance and encourages others to do the same.

Through every word, workshop, and wellness practice, Tianna reminds us that peace isn't the prize at the end of the journey, it's the practice along the way. Her presence is powerful, and her message is clear: healing starts when we give ourselves permission to be human and you don't have to be perfect to be powerful.



23

Taylor Kennedy



Founder of Holistic Health Educator | Ayurvedic
Wellness Expert | Beauty Entrepreneur
tayelorkennedy.com

Taylor Kennedy is quietly revolutionizing what it means to thrive in the wellness and beauty industries. As a holistic health educator and Ayurvedic practitioner, she brings an integrative, evidence-based approach to healing; one that honors both ancient wisdom and modern science. Her work empowers women to take ownership of their well-being on every level: physically, emotionally, energetically.

Through digital content, product innovation, and speaking engagements, Taylor doesn't just teach self-care, she redefines it. She isn't in business to simply sell products; she's here to shift how women experience beauty, health, and self-worth. Her offerings are as elevated as they are accessible, always rooted in integrity, intention, and deep respect for the body.

Taylor defines prosperity as alignment: financial abundance that flows from purpose-driven work and service to others. She has built a sustainable, scalable brand by staying true to her values along with educating, healing, and inspiring her

community. She's passionate about helping other women, especially women of color, build wealth through wellness. For her, success includes joy, balance, and integrity, not just income.

Peace isn't just a practice and a principle for Taylor. From sunless beauty rituals to mindful movement, she models a lifestyle of intentional rest, nourishment, and reflection. She structures her work with care, teaches that burnout is not a badge of honor, and reminds her community that true wellness begins with how we treat ourselves.

Taylor has been featured in top-tier publications, spoken at industry summits, and collaborated with beloved brands. She's also working on a book combining holistic health, self-care, and female empowerment. Behind her polished brand is a generous soul, a quiet leader, and a visionary voice for conscious beauty and business. Her story is more than inspiring; it's a blueprint for what wealthy, purpose-led success looks like.



Dr. Simone Alicia

Founder of The Self Esteem Doctor Academy | Motivational
Speaker | Self-Esteem Expert
www.theseelfesteemdoctor.com

Some people choose a purpose. Dr. Simone Alicia *became* hers.

Known as *The Self-Esteem Doctor*, Dr. Simone is a former model and elementary school teacher turned internationally recognized self-esteem expert and award-winning speaker. Through her coaching, courses, media appearances, and The Self Esteem Doctor Academy, she helps people rewire limiting beliefs, reconnect with their power, and experience transformation that is both magical and measurable.

Her work reaches everyone from teens to top-level professionals offering tools rooted in neuroscience, mindset work, and energy alignment. Whether she's teaching in classrooms, leading corporate wellness sessions, or inspiring audiences from national stages, Dr. Simone brings clarity, compassion, and confidence to every room she enters.

She defines prosperity as an abundance of impact, inspiration,

alignment, and income, flowing through her business as a reflection of the healing and elevation she offers others. For Dr. Simone, success isn't just about numbers. It's about being deeply aligned with your purpose and helping others do the same.

Her well-being practices are as intentional as her work. She uses emotional rewiring, heart-centered breathing, metaphysical prayer, and grounding to maintain her energy and clarity. Her philosophy is simple: success should feel good, not just look good and peace is a skill we all deserve to master.

Dr. Simone is a 3-time award-winning motivational speaker and holds an IMDb credit for her on-screen work in a two-time award-winning film project. Whether she's leading a session or speaking to thousands, her message is consistent: you are already enough and your transformation begins when you start believing it.

She's not just doing the work. She *is* the work and that makes her a force of impact, inspiration, and lasting change.



25

Aris Singleton

CEO of tgin® (Thank God It's Natural) |
Legacy Builder | Wellness-Driven Leader
www.tginatural.com

At just 31 years old, Aris Singleton is not only the CEO of one of the most recognizable textured hair care brands in the world—tgin® (Thank God It's Natural), she's also the steward of a powerful legacy and a rising force in beauty, wellness, and community leadership. Following the passing of her aunt, founder Christia Donaldson, Aris stepped into her role with grace, vision, and a purpose-driven mindset that continues to elevate tgin® and the women it serves.

From managing a multi-million-dollar global brand to directing philanthropic efforts through the tgin® Foundation, Aris leads with intention and integrity. Under her leadership, the brand has expanded both its product offerings and its social impact, particularly in addressing health disparities and supporting breast cancer survivors with financial aid and awareness.

For Aris, success isn't just measured by

revenue or retail reach (though the brand is sold at major retailers like Ulta, Target, and Whole Foods), it's defined by legacy and alignment. Every move she makes is grounded in her aunt's vision and her own calling to lift others up. But, even while navigating a high-impact role in an often demanding industry, her peace is a non-negotiable part of sustained success. Her Christian faith is central to how she leads and lives. She carves out time for self-care, travel, cooking, and studying French, grounding herself in joy, culture, and intentional rest.

With features in Forbes, ABC7 Chicago, CBS, Chicago Citizens Weekly, and even the cover of Jet magazine, Aris is already a recognized voice in beauty and business. But her real power lies in her deep-rooted commitment to leaving the world a bit better than she found it.







STYLE THAT SUCCEEDS

How Power Dressing Transforms Your Mindset and Performance

BY ALEXANDRA GARRETT

HOW ARE YOU SHOWING UP TODAY, ALEXANDRA? I'VE asked myself that question, "How are you showing up today?"— more than 200 times since the pandemic began. Somewhere between oversized tees, sweats, and cozy slippers, I lost touch with something I used to love deeply: getting dressed with purpose. Not just to look good, but to feel aligned. To feel like me.

And then, one day, I got a text from a former client. She was glowing and thriving again after one of our style shoots. That message hit me in the chest. It reminded me that what I do isn't just about clothes. It's about transformation. The right outfit can do more than flatter your body, it can recalibrate your mindset, posture, and performance.

In the early days of my career, I styled women for weddings, photo shoots, and high-stake presentations. They'd arrive quiet, tentative, hiding behind their clothes or insecurities. But by the time we wrapped, they were flipping their hair, taking selfies, and saying things like, "I can't believe this is me!" or "Wow, I look good!"

Watching them bloom taught me something I'll never forget: Power dressing doesn't just change how you look; it changes how you show up in the world. So, if you're feeling stuck in a style rut or you want your wardrobe to match the power, beauty, and intention you bring to the table, here are six ways to reclaim your presence and show up like the most empowered version of yourself:

1. Define Your Intention

Ask yourself: What's the purpose or goal today? Are you heading into a high-stakes meeting, leading a workshop, or taking some much-needed creative time? Once you know your "why," choose two to three keywords that capture how you want to feel or be perceived. For example: **Confident. Creative. Grounded. Approachable. Visionary.** Clothes are a form of nonverbal communication. When they're in sync with your energy and goals, you send a clear message before you ever say a word.

2. Leverage Enclothed Cognition

There's science behind what I do. "Enclothed cognition" is the idea that what you wear affects your psychological processes. In a 2012 study published in the *Journal of Experimental Social Psychology* by researchers Adam Galinsky and Hajoy Adam, researchers found that wearing clothes associated with a specific role not only increased attention but improved tasks. This effect only occurred when the person wearing the clothes believed that the clothing was symbolically meaningful. In short? Dressing the part helps you become the part. It's not just about what you wear, but what you believe about what you wear that matters.

So, whether it's a structured blazer that signals leadership, a sleek dress that channels clarity, or elevated separates that say "I'm ready," your clothing can help you shift into the mindset you need to succeed. Choose pieces that feel aligned with who you're becoming—not just who you've been.

3. Harness the Psychology of Color

Color is a quiet power move. It influences perception—yours and theirs. Here's how to use it intentionally:

Red = assertiveness, drive, bold energy

Blue = trust, calm confidence, dependability

Black = sophistication, authority, elegance

Emerald, amethyst, and sapphire hues = richness, depth, and individuality

Color helps reinforce your message. Use it with care—and don't be afraid to step outside the neutral zone.

4. Prioritize Fit and Tailoring

This one's non-negotiable. You could be wearing a \$30 dress or a \$300 one and if it fits well, it speaks volumes. Tailoring your clothes, even just minor adjustments like hemming pants or cinching a waist, instantly elevates your look. Well-fitted clothing communicates self-respect, attention to detail, and self-assurance. When your clothes fit you like they were made for you, you'll carry yourself differently. And people notice.

5. Add Your Signature Twist


Style is personal. It should say something about who you are. That might be a pair of heels in a vibrant, eye-catching color, a pair of statement earrings passed down from your grandmother, a structured bag in an unexpected texture, or even a bold lip color. Small, intentional details become your calling card. Let your outfit tell a story that only you could tell.

6. Have a Mirror Moment

Before you step out, take 30 seconds just for you. Look in the mirror, stand tall, and speak life over yourself.

Say: "I'm prepared. I look incredible. I know my worth. I'm walking in it today."

It's not vanity, it's a mindset reset. You're not dressing up to impress the world. You're dressing up to align with the woman you know you are. Because girl, you are that girl. And you deserve to feel good, look good, and be seen in all your authentic, magnetic glory.

Remember, dressing with intention is more than a confidence boost, it's a strategic tool. When you align your style with your goals, your values, and your energy, you become unstoppable. You show up as you, fully expressed. And trust me, the world is better when you do. 

Adam, H., & Galinsky, A. D. (2012). Enclothed Cognition. *Journal of Experimental Social Psychology*, 48(1), 918–925.

Power dressing doesn't just change how you look; it changes how you show up in the world.





You Deserve Your *Eat, Pray, Love* Moment

BY ARIEL TRAVIS

THE MOMENT THAT CHANGED EVERYTHING

On the last day of my vacation, I sat conflicted alone on a quiet beach in the Dominican Republic. I checked my return flight to Atlanta and saw a prediction of freezing temperatures, with snow in the forecast the entire week I was due back. It then hit me—that age-old question: *What the heck am I doing with my life?*

I hadn't felt this relaxed in months, and yet I was scheduled to return home in 24 hours to throw it all away. When I thought about it, what was I really heading home to? More job applications and rejection emails?

Right then and there, with absolutely no plan, I canceled my return flight home.

I reached out to a family friend whose daughter lived in Santo Domingo. She graciously offered me a mattress on her home office floor, for a whopping \$300 a month—which was perfect, considering I had impulsively decided to forgo my job hunt. At the time, I didn't know how this choice would impact me. I only knew that continuing to apply for jobs that didn't excite me, wasn't what I wanted for my future. My five-day vacation turned into three life-shifting months in the Dominican Republic—filled with self-reflection, resilience, romance and adventure. And it all started with one decision: to stay.

Fast forward ten years, and now I help women do the same—find themselves through travel and walk boldly into the unknown.



WHY TRAVEL HEALS

Let's be honest: life is stressful. Between career pressures, societal expectations, and personal responsibilities, it's easy to lose ourselves in the daily grind. Travel can be a way to offer a temporary reprieve—a chance to breathe, regroup and reset.

When we're constantly under stress, our bodies produce excess levels of cortisol, commonly known as the "stress hormone." Prolonged elevated stress hormones have been linked to fatigue, weight gain, sleep issues and increased risk of chronic disease (Mayo Clinic, 2022). Studies have shown that even short-term travel results in the experiences of relaxation, detachment from work and can significantly lower stress levels and improve your health and well-being (de Bloom et al., 2012).

Serotonin—another crucial brain chemical—helps regulate mood, sleep, digestion and even blood clotting. (Cleveland Clinic, 2022). Traveling to a new place provides the perfect mix of novelty, sensory excitement and meaningful anticipation—all of which boost serotonin (the "feel-good" neurotransmitter) and dopamine (the "reward" neurotransmitter), making you feel happier, energized and more alive. According to neuroscience research, the benefits begin as early as planning a trip, which can lift your mood thanks to reward anticipation effects (Psychology Today, 2023).

Traveling also offers opportunities for one to relax and reset. Changing your physical environment gives your mind a chance to reboot. Whether you're hiking through a forest, strolling down cobblestone streets or sipping coffee in a sunlit café, travel interrupts the mental loops that can keep us stuck. Intentional rest during travel also invites moments of mindfulness. It provides space to hear yourself think or allows for permission to not think at all.

TRAVEL AS A TOOL FOR GROWTH

Travel isn't just about where you go—it's about who you become. Every day on the road presents unfamiliar challenges, which call on your problem-solving skills, or may test your level of adaptability and independence.

Research published by a team of social scientists shows that people who have lived abroad often develop a clearer sense of self and stronger self-efficacy; which is the belief that you can handle whatever



life throws your way (Adam et al, 2018). Being able to navigate a new environment, culture or even a different language fosters trust in your intuition and decision-making skills.

Personally, I never return from a trip without learning something new about a place, a culture or myself. Those daily lessons combined with the time taken for personal reflection are often applied to decision making in my day-to-day life. I've always been a hands-on learner and travel has become my greatest teacher. Travel

has a way of moving us forward mentally, emotionally and spiritually. With each journey I continue to grow and I know it holds that same potential for you.

One powerful study found that immersive travel, especially to culturally different places, enhances cognitive flexibility, creativity and depth of thought. Exposure to new surroundings helps our brains build new neural pathways. This flexibility allows us to adapt our thinking, shift perspectives and overcome rigid thought patterns (Maddux & Galinsky, 2015).

So the next time you travel, don't just fill your itinerary with things to do, be sure to make space to reflect. Use the time as a blank slate to reassess your values, purpose and next steps.

DON'T WAIT FOR A CRISIS

"But what if it's not the right time?"

I hear this one a lot.

Many people wait for a breakup, burnout or some cosmic sign to justify their "Eat, Pray, Love" moment. But here's the truth: *You don't need a crisis to prioritize joy, clarity or growth.* Wanting something different is reason enough.

If you're feeling nervous about going solo or wondering where to start, here are a few tips to ease into it:

How to Start: Tips for New Travelers

1. Practice Solo Time Now

Often I'm asked, "*But what will I do by myself?*"

Start with small solo adventures in your own city. Visit a museum, have lunch alone at that cute café or check out a local festival. Learn how to enjoy your own company and trust your own rhythm. Solo travel starts long before the flight.

2. Plan Smart

Safety is a valid concern. Build confidence by taking smart precautions. This includes buying travel insurance, sharing your travel itinerary with someone you trust and using apps that track your location or offer real-time safety ratings. Other great resources include online travel communities. Some to check out are Solo Female Travelers, Nomadness Travel Tribe, Travel Ladies and various Facebook groups.

IT'S NEVER TOO LATE TO TRAVEL



3. Follow the Representation You Want to See

Follow travel creators who look like you and share your lifestyle. Seeing women who travel solo, especially from diverse backgrounds, makes it feel possible. Many share practical tips for budgeting, planning and staying safe. Content creators are also a great way to discover hidden gems in each place you visit.


4. It's Never Too Late

One of the most heartbreaking myths I hear is: "I should've done this when I was younger."

No. It is *never* too late to start to travel.

Travel is for everyone. I've met solo-traveling grandparents in hostels and toddlers backpacking through Asia with their families. Choosing to explore the world as a way to prevent burnout, nourish your mind or spark personal growth is one of the most radical forms of self-love you can gift yourself.

In a world that normalizes the hustle, I dare you to "Pause, Pack, and Pursue the version of yourself waiting on the other side of the map" (Unknown).

The truest version of you, might just be one passport stamp away. 

You don't need a crisis to prioritize joy, clarity or growth.

Adam, H., Obodaru, O., Lu, J. G., Maddux, W. W., & Galinsky, A. D. (2018). The shortest path to oneself leads around the world: Living abroad increases self-concept clarity. *Organizational Behavior and Human Decision Processes*, 145, 16–29. <https://doi.org/10.1016/j.obhdp.2018.01.002>

Cleveland Clinic. (2025, March 19). *Neurotransmitters: What they are, functions & types*. Cleveland Clinic. <https://my.clevelandclinic.org/health/articles/22513-neurotransmitters>

Curran, E. J. (2024, October 7). *Here's why planning a trip can help your mental health*. Travel. <https://www.nationalgeographic.com/travel/article/planning-a-trip-is-good-for-you>

de Bloom, J., Geurts, S. A., & Kompier, M. A. (2011). Effects of short vacations, vacation activities and experiences on employee health and well-being. *Stress and Health*, 28(4), 305–318. <https://doi.org/10.1002/smi.1434>

Godart, F. C., Maddux, W. W., Shipilov, A. V., & Galinsky, A. D. (2015). Fashion with a foreign flair: Professional experiences abroad facilitate the creative innovations of Organizations. *Academy of Management Journal*, 58(1), 195–220. <https://doi.org/10.5465/amj.2012.0575>

Kennedy, J. (n.d.). Why vacations are so good for the brain. <https://www.psychologytoday.com/us/blog/brain-reboot/202307/why-vacations-are-so-good-for-the-brain>

Mayo Foundation for Medical Education and Research. (2023, August 1). *Chronic stress puts your health at risk*. Mayo Clinic. <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress/art-20046037>

*It's Time to Stop Surviving
and Start Thriving*

**Step Into the
Best Version of**

You

Whether you need a daily dose of motivation or a full life transformation, Life Coach, Glenny Rosario offers heart-centered coaching designed to empower you from the inside out.

- ✔ Break through limiting beliefs
- ✔ Manifest the life you actually want
- ✔ Build confidence that lasts

**Your Next Level
is Waiting!**

Learn more and take
your first step today

www.LifeCoachGlenny.com



*Glenny Rosario,
Certified Life Coach*

MEAL PREP FOR THE BUSY CEO

How to Eat Well Without Losing Time



BY TAMMY DAVIS

As entrepreneurs, we're wired to pour our energy into serving clients, building systems, and creating value. But all too often, we overlook the most important system of all—ourselves. We forget to fill our own cup while we're busy filling everyone else's.

One of the most powerful, time-saving, and health-boosting habits I've adopted is meal prep. Whether your goal is to maintain energy, improve your health, or simply stop relying on takeout between Zoom calls, a well-executed meal prep plan is the secret weapon every CEO should keep in their back pocket.

WHY MEAL PREP WORKS FOR ENTREPRENEURS

I started prepping weekly meals during the pandemic after joining an online gym and learning about "clean eating"—a lifestyle that centers around whole, unprocessed foods with low carbs and limited dairy. This simple shift changed everything for me. Suddenly, I had more energy, better focus, and fewer excuses to reach for the drive-thru.

Meal prepping isn't just about saving time. It's about taking control of your schedule, your fuel, and your future.

THE 5-DAY MEAL PREP PLAN: A STEP-BY-STEP BLUEPRINT

Create a Menu

Start with meals you actually want to eat. Simplicity is key. Choose 2–3 proteins, a few versatile veggies, and healthy carbs like sweet potatoes, brown rice, or quinoa. Add flavor with fresh herbs, spices, or homemade sauces.

Make a Detailed Shopping List

Once your menu is set, write out every ingredient you'll need—down to the olive oil and seasoning blends. Don't forget meal prep containers (glass if possible, for easy reheating and better storage).

Shop the Perimeter

Stay focused. The perimeter of the grocery store is where the

magic lives: fruits, veggies, lean proteins, and dairy alternatives.

- **Produce:** Load up on fiber-rich, antioxidant-packed produce like leafy greens, bell peppers, sweet potatoes, berries, and avocados.
- **Proteins:** Reach for lean meats like chicken, ground turkey, and fish. If you're plant-based, go for tofu, lentils, chickpeas, and quinoa.
- **Extras:** Be mindful of processed items. I might grab turkey bacon occasionally, but I avoid excessive sodium and hidden sugars.

Cook in Batches

Choose one day—usually Sunday or Monday—to prepare your meals. Roast vegetables, grill or bake proteins, and portion out meals into containers. Store half in the fridge and freeze a few for later in the week if needed.

Make It Fun and Functional

Turn on music or your favorite podcast while prepping. Make it a weekly ritual that not only nourishes your body but clears your mind.

YOUR PLATE IS YOUR POWER

As a busy CEO, your time is limited—but your energy shouldn't be. When you take the time to prepare your meals, you're not just saving hours; you're making a statement: your health, energy, and presence are non-negotiable.

Meal prep isn't about perfection. It's about being intentional. Because when your fuel is aligned with your focus, there's truly nothing you can't build, grow, or conquer.

So, to every entrepreneur juggling deadlines, dreams, and dishes—this is your reminder: you deserve to be nourished, too.

Stay ready, and you'll never have to get ready!

Enjoy One of My Favorite Recipes for Your Next Meal Prep:
Salmon Meatballs with Lemon Garlic Aioli

Salmon Meatballs with Lemon Garlic Aioli

Prep Time: 20 minutes | Cook Time: 15 minutes |
Servings: 6 (Yields approx. 18–20 meatballs)

For the Salmon Meatballs:

- 2 pounds fresh salmon, finely chopped (skin removed)
- 2 tablespoon salted butter
- 1/3 cup chopped onion
- 1/3 cup chopped green bell pepper
- 1/3 cup chopped red bell pepper
- 1 teaspoon complete seasoning
- 1 teaspoon lemon pepper
- 1 teaspoon mango pepper
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon Kinder's honey mustard seasoning
- 1/2 teaspoon ground cumin
- 1 large egg
- 1/3 cup plain Greek yogurt
- 1/3 cup Italian-seasoned breadcrumbs (plus more if needed)
- 1/3 cup fresh parsley, finely chopped

For the Lemon Garlic Aioli:

- 1/2 cup mayonnaise (or substitute with Greek yogurt)
- 1 garlic clove, grated or minced
- 1 tablespoon fresh lemon juice
- 1/2 teaspoon lemon zest
- Salt and pepper to taste

Prep the Air Fryer: Line your air fryer basket with aluminum foil. Preheat to 350°F.

Cook the Veggies: In a small saucepan, melt the butter over medium heat. Add the onions and green and red bell peppers. Sauté until soft and translucent. Remove from heat and let cool slightly.

Make the Meatball Mixture: In a large mixing bowl, combine finely chopped salmon, sautéed vegetables, all seasonings, egg, Greek yogurt, breadcrumbs, and parsley. Mix thoroughly.

- If the mixture is too wet, add a bit more breadcrumbs.
- If too dry, add a touch more yogurt.

Shape the Meatballs: Use a tablespoon or small scoop to portion and roll the mixture into meatballs. Place on a tray or plate and refrigerate for 10–15 minutes to set.

Prepare the Aioli: In a small bowl, stir together all aioli ingredients until smooth. Taste and adjust seasoning if needed. Refrigerate until ready to serve.

Air Fry the Meatballs: Arrange the meatballs in a single layer in the air fryer basket (do not stack). Air fry at 350°F for 15 minutes, or until golden brown and cooked through.

Serve: Remove from the air fryer with tongs. Drizzle with lemon garlic aioli and serve immediately.



BIOGRAPHIES AND MEMOIRS THAT WILL MOTIVATE YOU TO CREATE YOUR OWN LANE

BY SAMMESH DOMINGUEZ

What if someone out there has lived your story—faced your same challenges—and still found a way to turn vision into victory? Wouldn't you want to know how they made it happen?

Today, becoming your own boss and dominating your industry is more achievable than ever. Whether you dream of becoming an entrepreneur, musician, social media influencer, model, producer, or filmmaker, the opportunities are abundant. With the right blueprint and resources, the life you've envisioned may be closer than you think.

Here are four powerful reads that delve deep into the lives of individuals who learned to transform pain into purpose, setbacks into steppingstones, and ultimately carved out their own unique paths. Their stories are not just inspiring—they're roadmaps for your own journey.



BLACK BOY SMILE: A MEMOIR IN MOMENTS

by D. Watkins

"The people I respected taught me that fear was the worst thing a man could feel."
— D. Watkins

D. Watkins—New York Times bestselling author, college professor, and writer on the HBO mini-series *We Own This City*—offers a powerful collection of personal essays that chronicle his coming-of-age as a Black boy in Baltimore. Through raw, heartfelt moments, Watkins explores the roots of trauma, toxic masculinity, generational hardship, and ultimately, healing. His voice is conversational, vulnerable, and honest—like talking to a friend who has seen it all but still believes in the power of transformation. *Black Boy Smile* is a love letter to Black boys in concrete cities—a daring, deeply personal testimony that reminds us our beginnings don't define our endings.

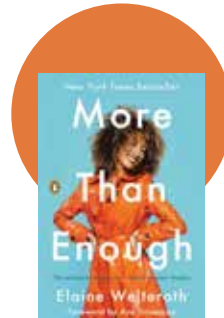
THE UPCYCLED SELF: A MEMOIR ON THE ART OF BECOMING WHO WE ARE

by Tariq Trotter (Black Thought)

"Our lives are a response to the call of our childhoods. Somewhere in the middle echoes of the past, we find our truest selves." — Tariq Trotter

Tariq Trotter, co-founder of The Roots and widely regarded as one of hip-hop's most gifted lyricists, shares a moving and introspective memoir that's as much about identity as it is about artistry. *The Upcycled Self* traces Trotter's early life in Philadelphia, his relationship with his mother, experiences with loss, and the power of creativity as survival. Organized in four parts, the book asks compelling questions about our pasts, our pain, and our purpose. Trotter's story is a testament to resilience—and a reminder that no matter where you begin, you can rebuild, reclaim, and reimagine your life.

Let these books serve as a spark. May their truths ignite your own—and remind you that the path to greatness isn't always linear, but it is always yours to create.



MORE THAN ENOUGH: CLAIMING SPACE FOR WHO YOU ARE (NO MATTER WHAT THEY SAY)

by Elaine Welteroth

"Discovering what you don't want is just as important as finding out what you do."
— Elaine Welteroth

Bestselling author, award-winning journalist, and former Teen Vogue Editor-in-Chief Elaine Welteroth shares her story of forging a path in spaces that weren't always built for her. *More Than Enough* is part memoir, part manifesto—a deeply personal reflection on race, identity, ambition, and the unlearning that comes with growth. From confronting workplace microaggressions to embracing her Black girl magic, Welteroth's journey will resonate with anyone who's ever been the "only one in the room." Her resilience and authenticity empower readers to define success on their own terms—and to believe they are more than enough, exactly as they are.

HOW TO SAY BABYLON: A MEMOIR

by Safiya Sinclair

"If I was born the doomed girl, then I was determined to burn that myth. Be the bard dreaming up my own salvation." — Safiya Sinclair

In this lyrical and fiercely honest memoir, award-winning poet Safiya Sinclair recounts her journey of breaking free from the rigid constraints of her Rastafarian upbringing in Jamaica, particularly her father's authoritarian rule. As Sinclair grows into her identity as a woman and writer, she navigates the pain of familial conflict and the power of reclaiming one's voice. This memoir is an invitation to examine how family, faith, and cultural expectations can both ground and silence us—and what it takes to rise beyond them. Through her courage and determination, Sinclair reminds readers that the life you choose for yourself is the most sacred act of rebellion.



Clear Mind, Clear Vision

Word Search



ABUNDANCE
BALANCE
BREAKTHROUGH
CLARITY
CONFIDENCE

CREATIVITY
ENERGY
FOCUS
GROWTH
MEDITATION

MINDSET
PRODUCTIVITY
PURPOSE
RESILIENCE
REST

STRATEGY
SUCCESS
VISION
WEALTH
WELLNESS



Photo from freepik.com

A Playlist for Peace, Productivity and Power

HEADPHONES IN, WORLD OFF

BY MARCUS NORRIS

If you had a chance to read my first article in the first issue of this amazing magazine, you already know how much I love diving into the intersection of music and mental health. Music has healing properties. It has this amazing way of lifting us up, grounding us or even pushing us forward when we need it. It's the universal language by which we all communicate and has this uncanny ability to meet us exactly where we are. In my previous article, I talked about how Kendrick Lamar's Pop Out was akin to a family reunion, but this time I want to keep the energy going with a different twist.

Mental health isn't just about healing or surviving, it's also about feeling joy, finding focus or being productive. So, I created another playlist-driven article with songs to help you shift your mindset.

There will be three categories in this article that I won't spoil, but I will give you five songs in each category. I will give you two older artists (older means 60s-2000s), two newer artists (newer meaning 2010s-today) and one artist that I personally love. With that being said, let's get to the music.

INSTANT MOOD CHANGERS

These songs are guaranteed to pick you up when you are feeling down. If you've had a bad day at work, or just a bad day at all, these will help you get out of that funk!

India.Arie – "Video"

This song is one of the greatest instant mood changers of all time! There's something about India.Arie's singing that makes you feel at peace. This song is great if you don't feel confident in yourself. "Video" truly shouts out why you should love yourself and why it's okay to love yourself.

Missy Elliott – "Get Ur Freak On"

Missy Elliott is one of the best emcees of all time and this song right here proves it. Your day could be going bad, but as soon as you hear this Timbaland-produced beat, you'll start trying to pop lock!

SiR – "Hair Down"

Ask anyone around me and they will tell you that I've listened to this song so much that it's my theme song. Sometimes, if you have a bad day, you just want to chill and

forget it. This song makes me feel like I'm in an entirely different place, just floating. Also, it has a great Kendrick feature!

Bruno Mars – "24K Magic"

This should honestly be a given! Bruno Mars has some of the most feel-good-sounding songs out there! This is one of his most popular, and I know you've heard it before. If the other songs don't get you moving, "24K Magic" will!

Junior Senior – "Move Your Feet"

This might be a song that you haven't realized you've heard. This is a little bit electronic, sort of like Daft Punk. However, it will get you to move your feet. If you are having a rough day and you like dancing out your frustrations, throw this on!

SONGS FOR PRODUCTIVITY

These next five songs encompass productivity, but that can mean anything productive. Whether you are doing homework, cooking or going to the gym, these songs will help you get in that productive mindset.

The Whispers – “And The Beat Goes On”

An oldie but a goodie! This song here is one of those classics that you can cook, clean, and workout to, because... the beat goes on for a long time. Seriously, back in the late 70s and early 80s, they made songs close to 10 minutes long.

Michael Jackson – “Jam”

Now, this list could be filled to the brim with MJ songs (I know y'all know that), but I want to show love to his album *Dangerous*. This song will easily get you movin' no matter where you are! Then, if you get tired, Heavy D comes in and gets you ready to move again!

Doechii – “NISSAN ALTIMA”

Doechii is one of the best rappers of the new generation, and this song is a masterclass in rapping! Doechii's flow and quick rapping will get you ready to move your body and work on your goals!



Photo from freepik.com

Key Glock – “Ambition for Cash”

If you frequent TikTok, you've probably heard this one. This song is great for productivity. It talks about being ambitious for money and being in your bag, and you'll feel like it once it hits the chorus.

Kendrick Lamar – “tv off”

Y'all have heard “MUSTARRRRD” screamed several times since November of last year, but this whole song gets you ready for productivity! While the scream has you ready to hit the gym, the whole song makes you start doing everything you need to do for a productive day.



Photo from freepik.com

MUSIC WITH MELODIES TO INCREASE FOCUS

These next five songs will cover songs that have great melodies and a reflective aura. If you need to finish a project or do some homework, these songs are for you!

Sade – “Smooth Operator”

I could just put Sade's whole catalog on here, and that would fit too! This is one of my favorite songs, and it is one of the best songs to help you focus on any task you need to complete.

Miles Davis – “Blue In Green”

We're going true old school with this one! If you want music with melodies, Miles Davis gives it to you with this piano jazz song. If you are someone who might lose focus by listening to the lyrics, “Blue In Green” eliminates that problem for you.

Big K.R.I.T. – “Energy”

Big K.R.I.T. has a song for just about every mood! This song right here is one of his more reflective tracks. Don't let the title fool you; his voice is low during this, and the beat is mellow. Imagine you are on a long trip, and you need to focus on the road, but everyone is asleep and you can't get too hype. This is the perfect song for that feeling.

Masego – “Tadow”

I could go on and on about how talented Masego is! He can do a little bit of everything, and it's proven in the music video for this song. For most of the song, it's just instrumental. Masego starts singing near the end, but it helps you focus even more. If you were to lose focus at a point, his voice would bring you back.

Cleo Sol – “When I'm In Your Arms”

This song right here is personal. I was working at a job two years ago, and I came across this song by complete happenstance. I don't know what it is about it, but I was able to finish all my tasks much quicker by listening to this. Cleo Sol is such a great artist, and this song makes you feel like everything will be okay. When you have that feeling, you can truly focus.

So there you have it, 15 songs, three categories, and a whole lot of feel-good energy. Whether you're trying to bounce back from a rough day, stay on task, or want to create some good energy, music is a tool that can transform your state of mind. So, if you ever feel stuck, overwhelmed, or you are in need of some sonic therapy, I hope you can come back to these songs and find what you need.

Stay grounded, stay lifted, and as always, happy listening!

Listen to these songs and more on our Spotify playlist, The Listening Lounge (hopewellthmedia.com/studio-wellth).

How Clear is Your Mind & Vision as an Entrepreneur?

Are you running your business with clarity and confidence, or is stress clouding your vision? Take this quick quiz to find out where you stand and get personalized tips to sharpen your focus, protect your well-being, and align your success with wellness.

Instructions: For each question, choose the answer that best describes you. Tally your points and check where you stand at the end of the quiz.

How do you start your day?

- a) With a mindful morning routine—movement, meditation, or journaling to set the tone.
- b) Checking emails and social media the second I wake up.
- c) Hitting snooze a few times before scrambling to get to work.

When faced with a setback in business, what's your first reaction?

- a) I'll take a deep breath, reflect, and adjust my approach.
- b) I stress out but push through—no time to dwell on failures.
- c) I spiral into self-doubt and question everything.

How do you approach financial decisions in your business?

- a) With clarity and confidence—I have a plan and stick to it.
- b) I try to be mindful but sometimes let emotions drive my decisions.
- c) I avoid thinking about money until I have no choice.

What role does rest play in your success?

- a) It's a non-negotiable—rest fuels my creativity and productivity.
- b) I know I should rest more, but I feel guilty stepping away.
- c) Rest? I'll sleep when I'm successful!

How do you handle self-doubt and imposter syndrome?

- a) I reframe my thoughts and remind myself why I'm capable.
- b) I fake it till I make it, even when I don't fully believe it.
- c) It often holds me back from taking bold steps.

Your work-life balance is best described as:

- a) A priority—I make time for relationships, hobbies, and self-care.
- b) A work in progress—I try, but my business always comes first.
- c) Nonexistent—entrepreneurship is my whole life right now.

What's your go-to stress relief method?

- a) Something mindful—breathwork, journaling, a walk in nature.
- b) Netflix, social media scrolling, or a glass of wine.
- c) Stress relief? I just push through it.

How often do you take time to reflect on your long-term vision?

- a) Regularly—I set goals and check in on my progress often.
- b) Occasionally—I have big dreams, but I'm too busy to reflect often.
- c) Rarely—I'm just trying to survive each day.

How do you fuel your body throughout the workday?

- a) I prioritize nourishing foods, hydration, and movement.
- b) I grab whatever is quick and easy—I'm always on the go.
- c) I often forget to eat or rely on caffeine and snacks to keep going.

When you think about success, what's the first thing that comes to mind?

- a) A fulfilling life where my business supports my well-being.
- b) Financial freedom, even if it means working harder now.
- c) Hustling my way to the top—rest can wait!

RESULTS

Mostly A's – Clear Mind, Clear Vision!

You're in alignment, prioritizing wellness while building your business. Your mindset, habits, and boundaries help you thrive with clarity and confidence. Keep leading with balance and intention!

Mostly B's – Work in Progress!

You're on the right track but may need to refine your approach. Consider incorporating more intentional breaks, mindset shifts, and financial clarity into your routine. A few tweaks could elevate your success without sacrificing well-being.

Mostly C's – Cloudy Mind, Blurry Vision!

You might be running on autopilot, overwhelmed, or stuck in hustle mode. It's time to pause, reflect, and prioritize your mental clarity and well-being. Small changes—like setting boundaries, practicing mindfulness, or reworking your schedule—can make a big difference. Your success is just as much about how you work as what you achieve!

JOY LIFE COUNSELING BLACK MOTHERS WELLNESS PROGRAM



PURPOSE

Are you a new or seasoned mother looking for support and community? Joy Life Counseling proudly presents a Wellness Program tailored exclusively for Black mothers. We understand the unique beauty and challenges of your journey, and our program is designed to support your well-being every step of the way.

SERVICES

- Group therapy (children 0-3 years old)
- Group therapy (children 4-18+)
- Individual therapy
- EMDR
- LENS Neurofeedback
- Yoga

GROUP THERAPY TOPICS

Moms with Children 0-3

- Postpartum Recovery
- Mental Health
- Basic Newborn Care
- Self-Care for Mom
- Relationships & Support
- Returning to Work & Children
- Finding Yourself Again

Moms with Children 4-18

- Mental Health
- Self-Care for Mom
- Relationships & Support
- Parenting Challenges
- Work/Life Balance
- Identity Beyond Motherhood
- Support Network

INFORMATION

WHERE

In-person at Joy Life Counseling
2953 S Peoria St #110
Aurora, CO 80014

COST

Free



THERAPISTS



Veronica Mugi



Joy Ewing

APPLY BY EMAIL OR PHONE:
JOYLIFECOUNSELING@GMAIL.COM
(720) 815-5251

Wander Lounge



At Wander Lounge, we believe in the power of storytelling and how it can transform the way we see ourselves and the world. Hosted by Ariel Travis—an expat of 7 years who has explored over 28 countries—this podcast invites listeners into a virtual lounge for engaging, heartfelt conversations with women who have boldly traveled the globe. Each episode offers a fresh perspective on adventure, identity, and the joy of discovering new cultures. Whether you're a seasoned traveler or dreaming of your first solo trip, Wander Lounge is your go-to space for inspiration and connection.

Website: www.wanderloungepodcast.com
Instagram and Tik Tok: @wander_lounge

Wander
Lounge