My Story of Resilience:

**A First-Person Account of Overcoming and Empowering**

My life, a tapestry of experiences, has been a testament to the power of transformation and the human spirit's capacity to overcome. Between 2013 and 2018, I found myself ensnared in a labyrinth of emotional turmoil, where detrimental thoughts and behaviors mirrored the chaos within. It was a time when tears, anger, and poor choices were my constant companions, and I matched the energy around me—the good, the bad, and the ugly.

However, that time has passed. Now, I walk a different path—a path of faith, guided by the Lord's teachings. His word has become my compass, steering me away from the tumultuous past and towards a life of purpose and service. Today, I stand before you as a woman of God, a worshipper of the Almighty, a wife, a mother, a grandmother with an angel forever four months old, a sister, an aunt, a cousin, a friend, and your future coach.

From 2019 to 2024, I served as a life coach to young adults who had aged out of foster care, helping them navigate the transition to independence. This role allowed me to grow professionally and personally, equipping me with strategies to engage and maintain attention spans and energy levels. My approach is always energetic and supportive, tailored to meet the unique needs of my clients.

My 'why' is deeply personal. In March 2024, I obtained a Certified & Master Life Coaching Certificate, recognizing a pressing need to coach women out of their destructive loops and spirals. My goal is to help them establish and maintain boundaries, fostering healthier relationships and nurturing self-love.

My journey also includes personal health triumphs. In 2020, I overcame diabetes in just 60 days by embracing a new diet and healthy habits. I established a routine that prioritized regular exercise, balanced nutrition, and self-care, ensuring my well-being.

Despite the heartache of losing my grandmother, uncle, and aunt in quick succession in 2021, and the devastating loss of my grandson in 2023, I found the strength to stand tall. These trials could have held me down, but instead, they reinforced my resolve to proclaim the word of God as my source of strength.

My goal is unwavering: to keep soaring high on my journey to health, happiness, and meaningful connections and decisions. It's a journey I invite you to join, as we strive together to reach new heights of empowerment and fulfillment. Let's soar together on this incredible journey of life.