GLEBM

MARCH EDITION 2025

Special Edition



TOP 20

Impactful **Women** Leaders to Watch in 2025

Refined and Renewed: A Call for Greater Impact

- Shirley Murphy

From Fatigue to Fertility: The Truth About Hormonal Imbalance in Women

meet

Shirley Murphy

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From the Editor's Desk

Top 20 Impactful Women Leaders to Watch in 2025: A New Era of Influence and Transformation

In 2025, the world is witnessing a powerful shift, women leaders across industries are redefining influence, impact, and leadership excellence. These women are not just breaking barriers; they are architects of change, empowering communities, shaping policies, and driving innovation.

In this special edition of GLEBM Magazine, we proudly celebrate the Top 20 Impactful Women Leaders to Watch in 2025, visionaries who are making waves in business, philanthropy, governance, media, technology, healthcare, and humanitarian work. Their leadership is not just about personal success but about creating opportunities, inspiring transformation, and leaving an indelible mark on the world.

Spotlighting Women Who Are Reshaping the Future

From trailblazing entrepreneurs to influential policymakers, humanitarian champions to thought leaders, these 20 remarkable women are driving progress in ways that will shape the next decade and beyond. Their stories are a testament to resilience, courage, and the power of visionary leadership. Some have built global enterprises, some are leading revolutions in social impact, while others are changing narratives in male-dominated sectors. Each of them, however, shares a common thread, their unwavering commitment to making a difference.

Why This Recognition Matters

At GLEBM, we believe in the power of visibility and representation. When we highlight and celebrate impactful women, we amplify their voices, inspire future leaders, and challenge outdated norms. This recognition is not just an accolade; it is a call to action, for communities, industries, and the next generation to continue the work of progress, equality, and leadership excellence.

Looking Ahead: A Legacy of Influence

As we honor these Top 20 Impactful Women Leaders, we also acknowledge that leadership is an evolving journey. It is not about the titles we hold but the lives we touch, the movements we spark, and the legacies we build.

2025 is set to be a year of extraordinary impact, and these women are leading the way. To the bold, the fearless, the compassionate, and the visionary, this is your time.

Join us in celebrating and learning from these remarkable women as we continue to uplift voices, champion change, and build a future shaped by powerful, purpose-driven leadership.

Here's to women making history. Here's to the impact that lasts beyond a lifetime. ■



Shirley Murphy



Profile

Shirley MURPHY



Publisher | Media & Fashion Entrepreneur | Global Speaker | Humanitarian Leader

Shirley Murphy is a trailblazing leader whose influence spans publishing, media, fashion, education, and humanitarian advocacy. As the Publisher of Global Labour Events and Business Magazine (GLEBM), a powerful platform amplifying global conversations on leadership, innovation, and business, she has made a lasting impact on industries worldwide.

Beyond publishing, Shirley is a TV show host, media consultant, and international speaker, known for her dynamic expertise and ability to connect with diverse audiences.

As the CEO of Dani's Clothing and More, Shirley has created a distinguished brand that celebrates women's empowerment through fashion and fabrics. Her entrepreneurial vision reflects a deep commitment to creativity, commerce, and uplifting women.

Driven by her passion for mentorship, faith, and education, Shirley founded:
Women Reach Out with God Initiative (WROWGI) – A life-transforming platform dedicated to empowering women through mentorship, faith-based guidance, and leadership training.

She Rise Academy International – A global online learning platform that equips women and girls with resources, tools, and networks for success.
Her dedication to women's development is evident in her 16X bestselling authorship and international accolades for humanitarian efforts.

As the Global President of the Humanitarian Leaders Network (HLN), Shirley leads a diverse community of professionals and volunteers committed to driving humanitarian change. Her leadership extends to:
Fierce and Unstoppable Leaders Hub – A mentorship club that guides women to excel in business, careers, and leadership.
GLEBM Networking Experience – A platform connecting global leaders across industries to foster collaboration and growth.

Shirley's expertise as a life and family therapist has transformed lives, particularly among women and girls in Nigeria. Her advocacy for education, autonomy, and visibility continues to inspire.

Her contributions have earned her prestigious awards, including:
Outstanding Humanitarian Leader on Women's Development (2022) – Africa Leadership & Philanthropy
Visionary Leader of the Year (2024) – Global Iconic Change Makers of the 21st Century
GLEBM Outstanding Visionary Leader & Publisher (2021-2024)
Visionary Leaders Award (2025) – Book Talks with Sandy.

Shirley Murphy embodies transformational leadership, empowering others to rise, lead, and create meaningful impact. Her presence at leadership summits and global forums continues to inspire, mentor, and drive change worldwide. ■

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Article

Refined and Renewed: A Call for Greater Impact

- Shirley Murphy

Refined and Renewed: A Call for Greater Impact- Shirley Murphy
According to Shirley Murphy, in a world where leadership and personal growth are more essential than ever, the call for refinement and renewal is resonating across industries and communities. Leadership is no longer defined by titles or accolades but by continuous evolution, self-reflection, and a commitment to positive transformation.


Shirley Murphy

"Growth is not reserved for the young or the inexperienced," says leadership coach and humanitarian Shirley Murphy. "True leaders understand that personal development is an ongoing journey that requires self-awareness, adaptability, and a willingness to embrace change."
In the fast-paced rhythm of modern life, individuals often fall into routines that leave little room for self-examination. Many assume they have reached a stage of understanding, only to realize that growth is a continuous process.

"We must constantly reassess our purpose and passion," Murphy explains. "Taking the time to ask ourselves, 'What areas of my life need refining?' or 'Are there habits that are holding me back?' is the first step in transformation."

Refinement goes beyond professional achievements, it is about cultivating integrity, wisdom, and resilience. The most effective leaders are those who acknowledge their weaknesses as opportunities for growth, leading to shifts that extend beyond personal success to impact families, businesses, and communities.

True leadership is not about achieving perfection; it is about progression. The most impactful individuals are those who recognize the need to challenge and dismantle limiting beliefs, fears, and outdated habits.

"Challenges should not be seen as roadblocks but as refining fires that shape us into stronger, more effective individuals," says Murphy.

Much like a diamond formed under pressure, people must embrace adversity to unlock their full potential. Resilience is built not by avoiding difficulties but by learning from them and using setbacks as stepping stones toward greatness.
Renewal is more than just a shift in mindset, it is a complete transformation that begins at the core. As Ephesians 4:23 states, individuals are called to be "constantly renewed in the spirit of [their] mind."

Murphy emphasizes the importance of words and thoughts in shaping reality. "The words we speak over our lives matter. If we want to see change, we must align our thoughts with our purpose and our actions with our vision."

Leaders must remain open to recalibrating their vision. The world is evolving rapidly, and stagnation is not an option. Staying ahead requires adaptability, curiosity, and a willingness to embrace new knowledge, technology, and perspectives. Successful individuals understand that growth is a lifelong pursuit. Learning involves unlearning outdated methods, relearning essential skills, and maintaining a teachable spirit.

"The best leaders are also the best learners," says Murphy. "They recognize that knowledge is never static and that staying relevant means committing to continuous education."
"Impact is not about today's success, it is about building a legacy that outlives us," she states. As the year unfolds, Murphy urges women to answer the call for refinement and renewal. "The world needs purpose-driven leaders who are willing to step forward, embrace change, and lead with integrity. The harvest is waiting, it's time to rise.

Elder Dr. DeLois JACKSON

A Visionary Leader in Education and Storytelling



Elder Dr. DeLois Jackson is a 3X Amazon Best-Selling, 2X International Best-Selling, and multi-award-winning author, as well as a 2024 Presidential Lifetime Achievement Award recipient. A multifaceted visionary, she is deeply passionate about education, spirituality, and storytelling.

With a lifelong dedication to shaping young minds and nurturing souls, Dr. Jackson is the esteemed owner of a PreK-12 private school, where she has cultivated a compassionate and innovative learning environment. Her leadership empowers students to embrace their uniqueness and unlock their full potential.

Beyond education, Dr. Jackson is a celebrated author, known for her inspirational and heartwarming children's books. She masterfully weaves life lessons, empathy, and moral values into her storytelling, leaving a lasting impact on readers of all ages.

A true advocate for transformative education, spirituality, and the power of words, Dr. Jackson continues to ignite curiosity, compassion, and creativity in the lives she touches. Her unwavering dedication to education and storytelling reflects a life devoted to making the world a better place, one child and one captivating tale at a time.

Article

The Power of Impactful Leadership: Mentoring, Growth, and Legacy

- Elder Dr. DeLois

Leadership is more than just a title, it is a profound responsibility that demands inspiration, empowerment, and mentorship, says Elder DeLois. According to her, the most impactful leaders are not those who seek control or authority but those who cultivate environments where others can thrive.



Elder Dr. DeLois Jackson

"In today's evolving world, true leadership requires intentional growth, committed mentorship, and an unwavering dedication to development," Elder DeLois said. "To leave a meaningful impact, leaders must embrace a mindset that prioritizes people over power, purpose over position, and vision over vanity."

Elder DeLois emphasizes that intentional leadership is about making deliberate choices to guide, support, and uplift those within one's sphere of influence. Rather than reacting to challenges, true leaders proactively shape cultures of trust, excellence, and continuous growth.

"Leadership is not about being served, it is about serving others with purpose and dedication," she explained.

She highlighted three key pillars of intentional leadership:
Setting a Clear Vision – "People follow leaders with a compelling and inspiring vision," Elder DeLois stated. "A clear, purpose-driven direction aligns teams, communities, and organizations toward a shared goal."

Leading with Integrity – "Leadership without integrity is like a house built on sand, it will eventually collapse. Authenticity, trust, and strong moral character are the foundation of true leadership."

Investing in Others – "A leader's greatest impact comes not from individual success but from helping others rise," she said. "By investing in people, leaders ensure transformation not just for individuals, but for entire organizations and communities."
According to Elder DeLois, one of the most profound ways to lead with impact is through transformational mentorship, an intentional effort to uplift and develop the next generation. "Mentorship is not about creating replicas of ourselves," she said. "It's about empowering others to maximize their unique strengths and thrive."

She outlined key strategies for effective mentorship,
Active Listening – "Great mentors listen more than they speak. Understanding the challenges and aspirations of those they guide allows for meaningful support."
Encouragement and Accountability – "Mentorship is not just about praise; it involves challenging mentees to grow, setting expectations, and holding them accountable for their development."
Sharing Wisdom and Failures – "True mentors don't just highlight their successes; they openly share their struggles and lessons learned, giving mentees resilience-building tools."

She believes that mentorship creates a ripple effect, empowered mentees eventually become mentors, ensuring leadership development for generations.

Elder DeLois also calls for a people-first leadership approach, rejecting traditional models that focus on power and hierarchy. She argues that leaders should foster engagement, innovation, and



Elder Dr. DeLois Jackson

loyalty by valuing people above all else.

"True leadership is about putting people first," she said. "When individuals feel valued, supported, and inspired to grow, organizations and communities thrive."

Cultivate Empathy – "Understanding and valuing different perspectives builds trust and meaningful relationships."

Encourage Growth and Development – "Providing opportunities for learning and skill-building ensures long-term success for individuals and teams."
Create a Culture of Appreciation – "Recognizing achievements, big or small, boosts morale and reinforces a thriving work environment."
Leading differently requires courage, Elder DeLois asserts. It means challenging the status quo, embracing vulnerability, and making bold decisions that prioritize long-term impact over immediate gains.
"It is easy to follow conventional leadership patterns," she said. "But true leadership is about disrupting old ways to make room for innovation and positive change."

She outlines three qualities of courageous leaders:
Embracing Innovation – "Be open to new ideas, perspectives, and possibilities. The most impactful leaders adapt and think beyond traditional limitations."
Taking Responsibility – "Leaders who own their mistakes and learn from them inspire trust and confidence in those they lead."
Standing for What is Right – "Ethical leadership requires standing firm in the face of adversity. Leading with integrity and principle is not always easy, but it is always right."

Elder DeLois believes that leadership is not confined to organizations, it extends to communities, nations, and the world. In an increasingly interconnected society, impactful leaders must recognize their global influence and use it for meaningful change.

She encourages leaders to,
Champion Inclusivity – "A great leader embraces diversity, fostering environments of belonging, creativity, and progress."
Engage in Service Leadership – "Leadership is about giving, not taking. By actively engaging in philanthropy, education, and advocacy, leaders create a lasting legacy."

Leverage Technology for Good – "The digital world offers unprecedented opportunities to share insights, mentor others, and amplify positive influence worldwide."

For Elder DeLois, leadership is not about climbing the highest ladder, it is about building bridges that connect, uplift, and empower others.
"The greatest leaders are those who lead differently, mentor with intentionality, and inspire others to reach their highest potential," she said.

By embracing purpose-driven leadership, transformational mentorship, and people-first strategies, Elder DeLois believes leaders can create an impact that transcends generations.

"The world does not need more leaders who seek power," she said. "It needs leaders who empower. Will you be one of them?"

Profile

Dr. Lovella MOGERE

Visionary Leader | Cultural Innovation Expert | International Speaker | Best-Selling Author



Dr. Lovella Mogere is the visionary, Founder of Leaders Who Lead Differently, an innovative organization dedicated to unlocking the DNA of Cultural Innovation. As a leader among leaders, she drives transformative movements that equip individuals for succession, ensuring they are prepared to navigate the complexities of an ever-evolving world. With a global perspective and entrepreneurial mindset, Dr. Mogere is widely recognized as a thought leader who sparks meaningful change, inspiring individuals and organizations to embrace innovation and unlock their limitless potential.

An international speaker and best-selling author, Dr. Mogere shares profound insights on leadership, cultural innovation, and the power of mindset transformation. Through her dynamic presentations and influential writings, she challenges conventional thinking, fosters continuous growth, and ignites a passion for evolution.

Founder of The Gemynd University, a school dedicated to developing bold and visionary leaders
Consultant for Revamp Pathway to Success Consulting Agency, empowering entrepreneurs to lead with confidence and strategy
Best-Selling Author, shaping the future of leadership through transformative storytelling and expertise
Dr. Lovella Mogere is more than a leader, she is a catalyst for transformation. Her work is designed to equip leaders with the tools, strategies, and mindset shifts needed to drive innovation, inspire change, and lead with confidence.

Learn more about her work at www.lovellamogere.com and embark on a journey of discovery, empowerment, and transformation.

Article

Disruptive Leadership: The Bold Leaders Who Challenge the Status Quo

- Dr. Lovella Mogere, DSL, DCE

Leadership expert, Lovella Mogere believes that the ability to challenge conventions, drive innovation, and reimagine possibilities is what separates transformative leaders from those who merely follow the status quo.

"True leaders don't just accept change, they drive it," Mogere says. "Imagine a world where leaders clung to tradition, refusing to innovate. Progress would stagnate, industries would remain unchanged, and new opportunities would be lost. The leaders who succeed are those who adopt a disruptive mindset, question norms, and have the courage to execute bold ideas."

The modern business landscape is constantly evolving. From groundbreaking technological advancements to shifting consumer behaviors, disruption is not a threat, it's an opportunity. Yet, Mogere argues that only a few leaders have the audacity to embrace it head-on. "Disruptive leadership is about more than challenging norms; it's about thinking beyond boundaries,



Dr. Lovella Mogere

pioneering new paths, and inspiring transformation," she explains. "Visionaries like Elon Musk, who revolutionized the automotive industry with electric vehicles, or the founders of Airbnb, who redefined hospitality, didn't just work within existing models, they reinvented them."

Mogere believes that disruptive leaders stand apart because of their visionary thinking and their ability to see opportunities where others see obstacles. They are calculated risk-takers, stepping outside their comfort zones while balancing boldness with informed decision-making.

They are resilient and adaptable, always ready to pivot in the face of challenges. More importantly, they empower those around them, cultivating a culture of innovation and encouraging teams to think creatively and challenge norms. "But most importantly," she adds, "they don't just talk about ideas, they execute them with unwavering commitment."

While taking risks is a hallmark of disruptive leadership, Mogere clarifies that it does not mean acting recklessly. "Disruptive leaders assess opportunities carefully, evaluate potential outcomes, and take strategic risks," she says. "This willingness to push forward, even in uncertainty, is what drives true innovation." She points to companies that have thrived because they embraced disruption, such as Netflix, which transformed from a DVD rental service into a global streaming giant, or Amazon, which evolved from an online bookstore into a tech powerhouse.

Disruptive leaders do not operate in isolation. Instead, they foster environments

where creativity thrives. Mogere highlights Google's famous "20% time" policy, which encouraged employees to dedicate a portion of their time to passion projects. "That's how we got Gmail and Google Maps," she notes.

"Leaders must create a workplace where disruptive thinking is not only welcomed but celebrated." She also stresses the importance of adaptability, pointing to the COVID-19 pandemic as an example. "Companies that adapted quickly, like Zoom, thrived, while those resistant to change struggled. Disruptive leaders see change not as a threat, but as an opportunity to innovate and expand."

According to Mogere, the most influential disruptive leaders prioritize impact over profit. "Of course, financial success matters," she acknowledges. "But true disruption occurs when leaders create meaningful change." She cites Patagonia, a company known for prioritizing sustainability over profit, as a prime example of ethical business practices redefining industries.

She also emphasizes the importance of networking and collaboration. "Transformation doesn't happen in isolation," Mogere says. "Disruptive leaders build strong networks, collaborate with visionaries, and engage in partnerships that amplify their influence."

Ultimately, Mogere believes that the most successful leaders never settle. "They continually push boundaries, innovate, and strive for excellence," she says. "Amazon's journey from a bookseller to a global empire is proof that disruption is an ongoing process, not a one-time event." Her final message to aspiring leaders is clear: "The future belongs to those who dare to disrupt. Whether you are an entrepreneur, executive, or emerging leader, embracing change and challenging the status quo will set you apart. The question is, are you ready to lead the charge?"



Dr. Sandy SANDERS

Award-Winning Podcast Host | Global Speaker | Transformational Life Coach

Dr. Sandy Sanders is an award-winning social media and podcast host, best known as the dynamic force behind Coffee Conversations with Sandy and Friends, a weekly talk segment featuring bestselling authors, global speakers, and thought leaders. Her impactful conversations are broadcast across multiple platforms, including YouTube, Spotify, CTR Media Network, iHeartRadio, and Amazon.

Dr. Sanders is a 15x Amazon Best-Selling Author and a 2x International Best-Selling Contributing Writer, whose work continues to inspire and empower audiences worldwide. She has contributed to Self-Care Magazine, Gulf Coast Women's Magazine (Domestic Violence Special Edition), and SwagHer Magazine, sharing transformative insights on personal growth, wellness, and empowerment.

Earning an Honorary Doctorate of Humanities, Dr. Sanders has been recognized for her unwavering commitment to social justice, advocacy, and community service. Her contributions include:

Hosting Prayer Vigils against Gun Violence
Leading Domestic Violence Awareness Walks
Over a decade of Jail & Prison Ministry
Serving on multiple nonprofit boards.

Dr. Sanders holds influential roles in global organizations, serving as:
Brand Ambassador for Success Women's Conference
Chief Ambassador for the Best of Mississippi Awards
Ambassador with GLEBM Network Experience of Nigeria
As a Certified Transformational Life Coach, Dr. Sanders specializes in helping individuals achieve holistic transformation in three core areas:

Spiritual Growth – Strengthening faith and purpose
Personal Development – Unlocking confidence and potential
Health & Wellness – Cultivating a balanced and fulfilling life.

With a heart for service and a voice that ignites change, Dr. Sandy Sanders continues to inspire, empower, and lead with faith, purpose, and impact.



Article

Christian Women in Business should Stand Firm and "Not Settle" – says Sandy Sanders

Sandy Sanders is calling on Christian women in business to stand firm in their faith, values, and purpose. Her message is clear: Do not settle.

"Not settling means refusing to compromise your faith, values, or goals for convenience or approval," Sanders says. "It's about walking in integrity, striving for excellence, and trusting that God has greater things in store."

Sanders outlines key principles for women in business who refuse to settle, starting with honoring God in business decisions. This means choosing ethical practices over shortcuts, prioritizing transparency, and ensuring that faith guides every professional endeavor.

"Integrity should be non-negotiable," she emphasizes. "It's easy to take the quick route, but true success comes from honoring God in all that we do."
Beyond ethics, Sanders encourages women to recognize their value in the workplace. "Women often settle for less, whether in pay, respect, or opportunities," she says. "But knowing your worth means demanding fair treatment and not allowing fear or doubt to keep you from big goals."


Sandy Sanders

This mindset extends to business relationships. Sanders warns against partnerships that conflict with faith values. "Holding firm to your mission and purpose is essential, even when others don't understand."

Fear of financial insecurity often leads entrepreneurs to compromise, but Sanders urges faith over fear. "Settling out of fear of lack is dangerous," she explains. "God can open the right doors, but we must have the patience to wait for His best."

Her advice? Lead with integrity, make faith-filled decisions, and empower others along the way. "Christian women in business are called to be examples," Sanders says. "We uplift, support, and mentor others, not just for personal success, but to create opportunities and share our faith in the marketplace."
To truly not settle, Sanders encourages Christian entrepreneurs to:
Lead with integrity : Be honest and transparent, even when it's hard.

Set high standards :Expect excellence and walk away from opportunities that compromise values.

Make bold, faith-filled decisions : Trust God in every step, even when taking risks.

Empower and uplift others : Mentor, encourage, and create opportunities for fellow women in business.

Keep God at the center : Seek His wisdom and use business as a platform for faith.

"When we refuse to settle, we show the world that success and faith can coexist," Sanders concludes. "That's true leadership."

Her message is resonating with Christian businesswomen across industries, inspiring them to chase excellence without compromise. In a culture that often rewards cutting corners, Sanders' call to unwavering faith is a reminder that true success is built on trust, integrity, and God's guidance.

Shirley A. PATTERSON

Motivational Speaker, Pastor, Best-Selling Author



Shirley A. Patterson is a highly esteemed motivational speaker, pastor, and international bestselling author known for her powerful ability to uplift and inspire. Born and raised in Paterson, NJ, she is the youngest of eleven siblings, raised by two loving parents. A devoted mother of four and grandmother of six, Shirley cherishes her family as the foundation of her life and purpose.

With over twenty years in ministry, Shirley's journey of faith has been a cornerstone of her mission. She was licensed as an Evangelist in 2006 and later ordained as a Pastor in August 2021. Her calling is to empower individuals to embrace their full potential, overcome adversity, and flourish in both their personal and professional lives.

Shirley is a #1 international bestselling author, having achieved literary success in short stories across three categories. She has authored four impactful books, all available on Amazon.com. Her passion for writing is deeply rooted in her own resilience and triumph over domestic violence and life's challenges. Through her words, she seeks to inspire hope, healing, and transformation.

Beyond her ministry and writing, Shirley finds joy in spending time with her grandchildren and loved ones. Her favorite scripture, Psalm 23, serves as a guiding light in her journey. With unshakable faith and excitement for the future, she embraces the new opportunities and blessings ahead.

"The Lord is my shepherd; I shall not want." – Psalm 23
Connect with Shirley
Books Available on: Amazon

Article

From Survival to Success: A Journey of Strength and Triumph

- Shirley A. Patterson

Shirley A. Patterson's life is a testament to strength, perseverance, and transformation. From growing up in a large, close-knit family to overcoming personal struggles, her story is one of resilience in the face of adversity. Now, as an author and advocate, she uses her experiences to inspire and uplift others.

As the youngest of 11 siblings, Patterson was raised in a home filled with laughter, love, and family unity. Growing up in a lively household surrounded by siblings, nieces, and nephews, she developed a deep appreciation for the power of family bonds. At the heart of it all was her mother, the family matriarch, who emphasized the importance of togetherness.

"Every Friday, my siblings would gather at our home, turning the weekend into a celebration that lasted until Sunday evening," Patterson recalls. "The air was filled with laughter, dancing, and an infectious spirit of joy."

Sundays were particularly meaningful, marked by grand family dinners prepared by her mother. These gatherings were more than just meals, they were moments of connection and shared love, leaving a lasting imprint on Patterson's life.

Patterson's journey took a dramatic turn when she became a mother at 18, giving birth to a daughter, followed by three sons.



Shirley A. Patterson

However, behind the joys of motherhood, she endured a 12-year marriage marked by domestic violence. Living far from her family in another state, she found herself isolated, often praying for the strength to break free and return to the supportive environment of her childhood home in New Jersey.

The opportunity to reclaim her life finally arrived, and Patterson made the courageous decision to move back home, even before her marriage officially ended. A few years later, her divorce became a turning point, igniting a journey of self-discovery and empowerment.

The struggles she endured became the catalyst for her passion for storytelling. During the pandemic in 2020, Patterson channeled her experiences into writing. By 2021, she had published her first book, a milestone that marked the beginning of a new chapter. Since then, she has authored five books, all available on Amazon.

Her most recent release, Let It Go: How to Free Yourself From Toxic Relationships, became a #1 bestseller in three categories, resonating with readers seeking to break free from harmful cycles.

Through her writing, Patterson offers not just inspiration but practical guidance. Her mission is to help others, especially those trapped in domestic violence situations, develop strategic plans to leave toxic relationships and embrace a life of safety and self-worth.

Beyond writing, Patterson is dedicated to serving others, encouraging them to embrace their best selves regardless of past hardships. Her commitment to leaving a lasting legacy for her children and future generations is evident in the values she upholds, love, resilience, and unwavering support.

"Together, we can break the cycle of violence and create a brighter future filled with hope and love," she says.

Patterson's story is a powerful reminder that adversity does not define one's future. Through courage, healing, and purpose, she has transformed her pain into a message of strength, proving that even in the darkest moments, it is possible to rise, rebuild, and inspire others to do the same. ■

Profile

Dr. Krisztina KONYA

Empowerment & Manifestation Coach



Krisztina Konya is a renowned transformation and manifestation coach, committed to empowering purpose-driven women to break free from limitations and step into a life of abundance, success, and fulfillment. With a signature approach blending mindfulness, self-love, and powerful manifestation techniques, she helps women unlock their full potential and achieve extraordinary personal and professional breakthroughs.

A best-selling author, international speaker, and visionary mentor, Krisztina's journey is a testament to resilience and reinvention. Born in Romania, she courageously navigated life's challenges, including depression and anxiety before building a purpose-driven life across Hungary and London. Her personal experiences fuel her mission to help others turn pain into power, struggles into strength, and dreams into reality.

As the creator of life-changing programs, including her 21-Day Challenge and accredited coaching courses, Krisztina has helped countless individuals experience profound inner growth and lasting success. She is the founder of Holistic Growth Solutions LTD (UK) and the host of the Truth Runners Talk Show, a platform that amplifies real-life stories of resilience, empowerment, and transformation.

Her work is deeply rooted in the belief that self-awareness, authenticity, and self-love are the foundations of true transformation. Whether through one-on-one coaching, group programs, or high-impact workshops, Krisztina supports women in:

Rewiring limiting beliefs
Embracing self-worth and confidence
Manifesting their ideal lives with clarity and purpose.

Krisztina is more than a coach, she is a spiritual guide, a catalyst for change, and a voice for transformation. Her mission is to inspire, uplift, and guide women worldwide to step into their power, cultivate resilience, and lead with confidence.

"Your transformation begins the moment you decide to step into your light." – Krisztina Konya. ■

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Article

The Future of Leadership: Embracing Authenticity and Purpose

- *Krisztina Konya*



In a world where leadership is rapidly evolving, traditional notions of power and authority are being replaced by authenticity, purpose, and impact. Today's most effective leaders are not those who command from the top but those who inspire from within.

"Leadership is no longer about status, it's about purpose," says Krisztina Konya, a leadership advocate and transformational speaker. "People connect with leaders who are real, who share their journeys, and who inspire others to rise."

For decades, leadership was defined by control and hierarchy. But as the world shifts, so does the definition of what it means to lead. Konya believes that purpose-driven leadership is the key to making a lasting impact.

"When leaders operate with a clear mission, their authenticity resonates with others, fostering trust and engagement," she explains. "The old model of leadership, where authority was the priority, is no longer effective. Today, influence comes from purpose and vision."

Konya speaks from experience. She recalls how her leadership journey transformed when she embraced her true self.

"I used to think I had to fit a certain mold to be successful. But when I let go of that notion and embraced my own leadership style, sharing my truth, being honest about my journey, and showing up as myself, everything changed."

For years, leaders were expected to project invincibility. But Konya argues that real leadership comes from vulnerability.

"People don't connect with perfection; they connect with authenticity," she says. "When I've shared my hardest experiences, times of doubt, failure, and uncertainty, those were the moments when people connected with me the most."

By acknowledging challenges and setbacks, leaders create deeper trust and connection, making them more relatable and inspiring.

Konya believes that true leadership is not about individual success but about elevating others. Mentorship, knowledge-sharing, and encouragement all contribute to a powerful ripple effect that strengthens teams, organizations, and communities.

"The most impactful leaders are the ones who create opportunities for others," she notes. "Leadership isn't about being at the top, it's about building bridges for others to cross."

She emphasizes the unique role of women in leadership, highlighting their natural ability to lead with empathy and connection.

"Women bring a powerful mix of strength and compassion to leadership. Whether in business, personal growth, or social change, when we lead with heart, we create lasting impact."

Many aspiring leaders hesitate, feeling they need more experience or qualifications before stepping up. But Konya urges people to take action, no matter where they are in their journey.

"At the end of the day, leadership isn't measured by titles or awards, it's about the impact you make and the lives you touch," she says. "Each of us has the power to create change, whether through small acts of kindness, sharing knowledge, or simply being a source of encouragement."

As the demand for purpose-driven leadership grows, Konya poses a challenge:

"How will you lead? Will you fit in, or will you stand out and inspire others to do the same?"

With a call to action that resonates far beyond the corporate world, she concludes: "The future belongs to those who lead with love, integrity, and authenticity. Let's rise together and lead differently." ■

Dr. Betsy EVANS-BENNETT

Certified Life/Christian Coach and Mentor



Dr. Betsy Evans Bennett is an award-winning international keynote speaker, best-selling author, mentor, and certified Life/Christian coach. A recipient of the prestigious Presidential Lifetime Achievement Award and a distinguished member of the esteemed ForbesBLK Community, she is a force reshaping the landscape of leadership and personal transformation.

Renowned as the Transformation Guru, Dr. Betsy is a powerhouse of resilience and inspiration. She fearlessly shares her journey through adversity overcoming abuse, pain, shame, and loss turning her experiences into a message of triumph. Her mission is to empower women to break free from the mental chains of "I can't" and embrace the limitless potential of "I can." She firmly believes that we are not defined by our circumstances but by the decisions we make.

A dynamic and influential leader, Dr. Betsy has carved a remarkable path in education and healthcare, establishing herself as a sought-after speaker on global platforms. Her ability to inspire, empower, and ignite transformation has captivated audiences worldwide. She has graced the pages of top publications, contributed to influential books, and appeared on podcasts and radio, all while sharing the stage with some of the biggest names in the speaking industry. Her natural charisma and unwavering impact have earned her the coveted reputation of being "a force to be reckoned with."
Despite her professional success, Dr. Betsy remains deeply devoted to her faith and family. Her greatest joy is being a loving mother to her daughter, Paris, and walking steadfast in her spiritual journey. Guided by her unwavering belief in Jeremiah 29:11, she lives by her own empowering mantra:

"Don't allow fear of the unknown to keep you stuck. Launch out into the deep and allow your faith to meet God's favor. Where faith and favor collide, miracles happen!"

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Article

The Essence of Women in Leadership

By Dr. Betsy Evans Bennett

Leadership is not defined by gender but by vision, resilience, and the ability to inspire change. Women leaders around the world are breaking barriers, challenging norms, and proving that leadership is about capability, not conformity. Despite historical obstacles, women continue to rise in business, politics, and community development, demonstrating unparalleled strength, innovation, and compassion. The journey of women in leadership is a testament to perseverance and the power of transformation. This article explores the vital role women play in leadership and why their contributions are essential to a more equitable and progressive society.



Dr. Betsy Evans-Bennett

Dr. Betsy Evans Bennett is making waves in the world of leadership, advocating for women's empowerment and championing gender equality in leadership roles. As a dynamic force for change, Dr. Bennett is reshaping the narrative around women in leadership by challenging stereotypes and proving that women are just as capable as their male counterparts in leading families, communities, and organizations.

"We need to reshape our perception of how we view ourselves. We have to step up as women and take the lead," a quote by Beyoncé, sets the tone for Dr. Bennett's mission. She firmly believes leadership is about guiding, inspiring, and motivating others toward a common goal. Through direction, alignment, and commitment, she emphasizes that effective leadership is not about gender but about impact.

Historically, leadership has been male-dominated, but women like Dr. Bennett are breaking barriers, proving their ability to lead in business, politics, and community initiatives. Women are natural nurturers, bringing collaboration, inclusivity, and strong communication skills to leadership roles.

According to Dr. Bennett, despite progress, women still encounter barriers such as unconscious bias, gender stereotypes, and lack of mentorship. Balancing work and family responsibilities, self-doubt, and limited opportunities remain significant challenges. However, Dr. Bennett encourages women to push forward, noting that resilience, confidence, and boldness can triumph over any obstacle.

Dr. Bennett draws inspiration from the Bible, citing examples of strong female leaders such as Deborah, who led as a prophet and judge, and Esther, whose bravery saved a nation. She advocates for women to be recognized and respected in leadership roles, emphasizing that leadership should be normalized rather than treated as an exception for women. Through her work, Dr. Bennett has inspired countless women to step into leadership positions, proving that they are powerful agents of change. By advocating for more women in leadership roles, she is contributing to a more equitable society and encouraging organizations to recognize the value women bring to the table.

Women leaders today are proving their worth across various industries, leading with vision, strength, and integrity. Dr. Betsy Evans Bennett's mission is clear: to empower more women to lead with confidence, resilience, and excellence.

As Dr. Bennett continues her journey, she remains committed to fostering a world where women are celebrated as decision-makers, game-changers, and leaders who shape the future.

Sherrell D.MIMS

A Global Advocate for Caregivers



Evangelist Sherrell D. Mims is a passionate advocate, international bestselling author, and dynamic speaker dedicated to empowering caregivers worldwide. Through her brand Ms. Sherrell Speaks, she shares her inspiring journey as a teacher, caregiver, and entrepreneur, using her voice to uplift and support those who selflessly care for others.

Her book, I Will Wait Until Morning: A Caregiver's Memoir on Assisting a Loved One with Cancer, has touched the hearts of millions, offering a deeply personal glimpse into her experiences and inspiring others facing similar challenges.

With over two decades as a Registered Nurse, Sherrell is the visionary and president of Global Caregivers Network, LLC and the CEO of Global Caregiver Speakers, the leading caregiver speaker platform in the U.S., dedicated to healthcare professionals, direct care workers, and family caregivers.

Sherrell's impact has been widely recognized, earning her prestigious honors, including:

World Humanitarian Bootcamp Ghana (2023-2024)
GLEBM 50 Most Influential Women (2023)
Influential Boss Woman (2023)
Presidential Lifetime Achievement Award (2021-2022).

A sought-after international speaker, Sherrell has shared the stage with legendary figures such as Les Brown, Dr. Cheryl Wood, and Shawn Fair. Her ability to engage, inspire, and connect with audiences has solidified her as a transformative voice in the caregiving and leadership space.

Beyond her professional achievements, Sherrell is an ordained minister, holding an Advanced Diploma in Biblical Studies from Destiny School of Ministry in Roseville, Michigan. Her faith-driven mission continues to fuel her dedication to caregivers and speakers around the world.

Sherrell's mantra is simple yet powerful:
"We Love Our Global Caregivers and Speakers!"

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Article

Empowering Caregivers: A Voice for Advocacy and Support

- *Sherrell D. Mims*

In a world where caregiving is often an overlooked labor of love, Evangelist Sherrell D. Mims has emerged as a powerful advocate and leader, amplifying the voices of caregivers worldwide. Known as The Queen of Empowering Caregivers, Mims has dedicated her life to ensuring that caregivers, whether family members, direct care workers, or healthcare professionals, receive the recognition and support they deserve.

"Caregivers are the backbone of our healthcare system and our families, yet they are often unseen and unheard," Mims said. "My mission is to change that, to make sure they are celebrated, supported, and empowered."
Sherrell's passion for caregiving is deeply personal. Her journey took a pivotal turn when she began caring for her mother, whose heart complications required stents and later a defibrillator. As a registered nurse and a devoted daughter, Mims saw firsthand the emotional and physical toll caregiving takes.

"It's one thing to care for patients in a hospital, but it's another to care for a loved one at home," she reflected. "The exhaustion, the fear, the responsibility, it's overwhelming, and too many caregivers suffer in silence."

Her personal experiences led her to establish the Global Caregivers Network, LLC, a movement committed to educating, supporting, and advocating for caregivers worldwide. She also serves as the CEO of Global Caregiver Speakers, the leading



Evangelist Sherrell D. Mims

platform in the United States for caregiving professionals.

"We need more conversations about caregiving, more resources, more support," Mims emphasized. "Caregivers should never feel alone in their journey."

Sherrell is also a renowned international bestselling author, contributing to multiple books that have inspired readers across the globe. Through her platform, Ms. Sherrell Speaks, she shares her journey as a teacher, caregiver, and entrepreneur.

Her most personal work, I Will Wait Until Morning: A Caregiver's Memoir on Assisting a Loved One with Cancer, has touched millions. The memoir dives deep into the struggles and triumphs of caregiving, offering encouragement and guidance for those facing similar challenges.
"Writing this book was a way to not only process my own journey but to provide a lifeline to others who are walking this difficult road," she shared.
Sherrell's influence has not gone unnoticed. Over the years, she has received numerous prestigious awards, including:
World Humanitarian Leader Award (Ghana, 2023-2024)
GLEBM Top 50 Most Influential Women (2023)
Influential Boss Woman (2023)
Presidential Lifetime Achievement Award (2021-2022).

These accolades reflect her tireless efforts to transform caregiving from an invisible burden into a recognized and supported role in society.
Mims' unwavering faith is at the heart of her work. She often turns to Proverbs 4:23 (KJV): "Keep thy heart with all diligence; for out of it are the issues of life." This scripture serves as a guiding principle in her commitment to serving caregivers with compassion and dedication.

"Faith fuels my purpose," she said. "God placed this calling on my heart, and I will continue to walk in it, ensuring caregivers know they are valued and loved."
As Sherrell expands her global reach, her mission remains clear: to revolutionize the caregiving industry, elevate the voices of caregivers, and create lasting change.

"Caregivers deserve a seat at the table. They deserve rest, resources, and respect," she said firmly. "I won't stop until that becomes a reality."

With her powerful voice, inspiring leadership, and unshakable faith, Evangelist Sherrell D. Mims is not just changing lives, she is changing the world, one caregiver at a time.



B Jacqueline JETER

Leadership Expert | Keynote Speaker | Best-Selling Author | Transformational Growth Strategist

B Jacqueline Jeter is a highly sought-after keynote speaker, best-selling author, and transformational growth strategist, recognized as one of the premier voices in leadership and personal development. With over 30 years of leadership experience in the pharmaceutical industry, she empowers audiences and organizations worldwide to overcome leadership challenges, navigate change management, and build high-performing teams.

A dynamic thought leader, B. Jacqueline is passionate about empowering women globally, providing them with courage, confidence, and meaningful connections through workshops, coaching, education, and resources. Her commitment to leadership excellence led her to establish Grow, Lead, and Prosper™, a global personal and professional development company dedicated to helping individuals and organizations master communication, leadership, and peak performance strategies.

10-time Amazon Best-Selling Co-Author, Certified Coach, Speaker, and Trainer with Maxwell Leadership.
Certified DISC Behavioral Analysis Consultant with The John Maxwell Team Ordained Minister, blending faith and leadership in her transformative work Inspiring Growth, Leadership & Prosperity.
Through compelling keynote speeches, training programs, and coaching, B. Jacqueline Jeter is reshaping leadership landscapes by equipping individuals and organizations with the tools to thrive in an evolving world. Her mission is clear: to cultivate bold, confident, and successful leaders who drive change and create lasting impact.

Article

Leading Differently: The Power of Women's Voices in Leadership

- B. Jacqueline Jeter



B. Jacqueline Jeter

Traditional hierarchical leadership models are rapidly giving way to dynamic and inclusive approaches that emphasize emotional intelligence, collaboration, and authenticity. According to leadership expert B. Jacqueline Jeter, women are not just contributing to this transformation, they are leading it.

"Women's leadership is not about filling a quota; it's about redefining leadership itself," Jeter said. "The ability to listen, to empathize, and to create inclusive environments is not just a strength, it's a necessity for organizations that want to thrive."

The power of a woman's voice in leadership extends beyond diversity, it drives innovation, inclusivity, and sustainable growth. Yet, despite progress, barriers remain in many industries. Jeter believes the key to overcoming these challenges lies in amplifying women's leadership voices and recognizing the unique strengths they bring to decision-making and organizational success.

"Women foster collaborative and inclusive environments," she explained. "Leadership is about influence and impact, not just authority. Women tend to prioritize listening, consensus-building, and ensuring that all voices are heard. This not only leads to better decision-making but also enhances employee engagement and strengthens team cohesion."

Beyond inclusivity, Jeter highlights the critical role emotional intelligence plays in leadership



B. Jacqueline Jeter

today. “Technical expertise alone is no longer enough,” she said. “Women excel in emotional intelligence, which allows them to connect deeply with those they lead, foster trust, and create workplaces where employees feel valued and understood. This is the key to inspiring teams and driving meaningful change.”

Women are also proving to be agents of transformational growth, leading with purpose and passion. Jeter points to leaders in corporate boardrooms, educational institutions, and entrepreneurial ventures who are championing social responsibility, sustainability, and equitable opportunities. “Leadership isn't just about profits, it's about impact,” she noted. “Women leaders are shaping industries, policies, and cultures in ways that go far beyond business metrics.”

Scientific research supports the idea that women's leadership styles are uniquely equipped for today's evolving workplace. Studies on brain function suggest that women's brains exhibit greater connectivity between the left (analytical) and right (intuitive) hemispheres, enhancing their ability to integrate emotions with logical decision-making. “This neurological advantage allows women to process multiple inputs simultaneously, making them particularly effective at multitasking, handling complex social interactions, and making balanced decisions,” Jeter said.

In addition, women tend to have a more active limbic system, the part of the brain responsible for emotions and social connections. This heightened empathy strengthens their ability to build relationships, foster collaboration, and resolve conflicts effectively. “We also have higher levels of oxytocin, the bonding hormone,” Jeter explained. “This encourages trust and collaboration, which are essential for effective leadership.” To maximize their leadership potential, Jeter urges women to adopt a growth mindset, the belief that abilities can be developed through dedication and continuous learning. “Dr. Carol Dweck's research on motivation shows that a growth mindset is what separates those who plateau from those who keep evolving,” she said. “Women who embrace this mindset see challenges as stepping stones rather than obstacles.”

Authenticity is another essential factor in leading differently. “Leadership is a journey, not a destination,” Jeter emphasized. “Women who prioritize learning, mentorship, and skill development don't just climb the corporate ladder, they inspire, influence, and empower others along the way.”

For organizations to fully benefit from the impact of women leaders, systemic barriers must be dismantled, and leadership pathways must become more accessible. “The world needs more women who are willing to lead differently, use their voices, and challenge the status quo,” Jeter said. “Without women, there is no advancement and no real progress.”

As leadership continues to evolve, Jeter is confident that women will remain at the forefront of this transformation. “The future of leadership isn't just about diversity,” she said. “It's about embracing the power of leading differently. Women have the ability to create lasting impact, and it's time we fully recognize and support that.”

Phyllis M. WEAVER

A Visionary in Health, Wellness, and Transformation



Phyllis M. Weaver is a distinguished leader in health and wellness, serving as the CEO of Discover Ultimate Health, LLC. With a passion for empowering others to take control of their well-being, she blends her extensive expertise in healthcare with a transformative coaching approach.

Phyllis holds a Bachelor of Arts in Psychology from the University of Virginia, a Master of Arts in Biology from Hampton University, and a Pharmacy degree from the Medical College of Virginia School of Pharmacy, where she became a registered pharmacist in 1988. Her deep understanding of the mind-body connection has driven her mission to help individuals achieve optimal health.

As a certified transformational health and life coach, Phyllis is dedicated to guiding others through holistic wellness. She is also a published author, sharing her insights in Reverse Diabetes Now: The Proven 365-Day Technique and as a co-author of the Amazon Best-Seller Undefeated: Women Sharing Their Secrets of Winning, featuring her compelling chapter, Triumph Over Trauma and Chronic Illness.

Expanding her impact, Phyllis has developed a wellness product line, Oh, Wow, Wellness Creations by Phyllis, and is actively building other ventures, including her nonprofit organization, Christine's Heart, and PhylMar Enterprises, her real estate investment company.

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Article

Leading with Purpose: A Vision of Leadership in Faith, Resilience, and Authenticity

-Phyllis M. Weaver

Phyllis M. Weaver, RPh, a distinguished healthcare professional, transformational health and life coach, and best-selling author, has been named one of the Top 20 Impactful Women Leaders to Watch in 2025. As the CEO of Discover Ultimate Health, LLC, Weaver is pioneering a movement that blends faith, resilience, and authenticity to redefine leadership for a new era.



Phyllis M. Weaver

Her journey is not one of privilege but perseverance. Having battled chronic illness, trauma, and personal loss, Weaver's story is a testament to turning pain into purpose. Instead of succumbing to adversity, she rose stronger, using her experiences to empower others. Today, she stands as a powerful advocate for health, wellness, and faith-driven leadership, proving that true leadership is not about prestige it is about impact, service, and transformation.

"For God has not given us a spirit of fear, but of power, love, and a sound mind." – 2 Timothy 1:7

Weaver believes leadership is more than a title it is a divine calling. In today's world, leadership is often defined by power and influence, but authentic leadership the kind that inspires lasting change is built on courage, integrity, and faith.

"The greatest leaders in history Moses, Esther, and David were not defined by their circumstances but by their unwavering faith," she says. "They stood firm in their calling, even when fear and doubt threatened to hold them back. That is the kind of leadership the world needs today."

With a Bachelor of Arts in Psychology from the University of Virginia, a Master of Arts in Biology from Hampton University, and a Pharmacy degree from the Medical College of Virginia School of Pharmacy, Weaver has dedicated her career to advancing health and wellness. But her impact extends far beyond healthcare she is a voice of empowerment for women, leaders, and entrepreneurs navigating their own challenges.

Weaver knows firsthand what it means to battle chronic illness and feel trapped by circumstances. She has lived through the weight of trauma and personal loss, yet she refuses to be defined by hardship. Instead, she has transformed her struggles into a platform for healing, advocacy, and empowerment.

"I refused to let my struggles silence me," she says. "I chose to use my voice, my expertise, and my story to help others reclaim their power."

As a pharmacist, health and wellness strategist, and best-selling author of Reverse Diabetes Now: The Proven 365-Day Technique, she educates individuals on how to take control of their health. She is also a co-author of Undefeated: Women Sharing Their Secrets of

Winning, in which she shares her powerful chapter, Triumph Over Trauma and Chronic Illness. Through her writing and coaching, she continues to equip others with the tools to rise above their own struggles.

In a world that often pressures people to fit a specific mold, Weaver encourages leaders to embrace their full selves. She is not just a healthcare leader; she is also a passionate musician and performer.

"The piano is not just an instrument it is an extension of my voice, a place where I find healing, inspiration, and strength," she says. "Leadership does not require us to abandon our passions. It calls us to integrate them, using every facet of who we are to create impact."

She challenges leaders to step beyond comfort zones, own their stories, and lead with authenticity. "True leadership is about showing up boldly, not conforming to expectations, but creating spaces where others can thrive."
Weaver is especially passionate about empowering women particularly those who have endured domestic violence, trauma, or oppression to reclaim their voices.

"To the woman who feels broken, doubts her worth, or fears stepping into her power: Your voice matters. Your story matters. You are not defined by your past but by the strength you find in moving forward," she affirms.
She is the founder of Christine's Heart, a nonprofit dedicated to uplifting and supporting women



Phyllis M. Weaver

in need. Through her advocacy, she is working to create safe spaces where women can heal, rebuild, and rise stronger.

The world does not need more leaders who simply follow trends. It needs leaders who are bold, resilient, and committed to authentic service.
Weaver believes the next generation of leaders must embrace both faith and action, understanding that adversity is not a roadblock, but a stepping stone. Leaders must be willing to break the mold, stand in the fire, emerge stronger, and serve others with wisdom and compassion.
As one of 2025's most impactful women leaders, she is committed to mentoring and inspiring others to step into their full potential.

"I challenge you to be this kind of leader," she declares. "Whether your calling is in business, health, education, or the arts, lead with courage, conviction, and authenticity. The world needs you.

Your voice matters. Your story matters. Your leadership matters. Now, go forth and make an impact."

Miriam M. WRIGHT

Visionary leader, Dream Life Coach



Miriam M. Wright is a visionary leader, Dream Life Coach, and dedicated advocate for women's empowerment. As the founder of Wright Way To Your Dreams, LLC, she empowers women to conquer fear, embrace change, and boldly step into their purpose through her transformative D.R.E.A.M.S. program.

An award-winning international author and entrepreneur, Miriam has earned recognition as one of the Top 14 Business Women Influencers (2024), Top 25 Impactful Women Leaders to Watch (2025), and Top 20 Servant Leaders (2025). She is also a nominee for the International Champion Leadership Award and Author of the Year by the International Impact Book Awards.

A true servant leader, Miriam is committed to uplifting and inspiring women, guiding them to fearlessly pursue their dreams and unlock their full potential.

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Article

The Courage to Lead Differently: Inspiring Change and Empowering Women in Leadership

-Miriam Wright

Miriam Wright is at the forefront of a leadership revolution, one that moves away from power and prestige toward authenticity, service, and transformation. In an era where leadership is often equated with authority, Wright is championing a different approach, one that inspires change, fosters growth, and creates a lasting impact.

"True leadership isn't about titles or positions," Wright said. "It's about building people, creating spaces where others feel seen and heard, and ensuring that leadership is about service, not status."

Miriam Wright believes that leading differently requires courage, compassion, and a clear sense of purpose. She emphasizes that leadership is not about having the loudest voice in the room but about creating environments where individuals are empowered to reach their full potential.

"The best leaders don't just chase success for themselves," Wright explained. "They invest in others, mentor future leaders, and create opportunities for those around them. That's what real impact looks like."



Miriam Wright

Miriam Wright also highlights the importance of self-leadership, particularly for women navigating midlife transitions and career shifts. She stresses that personal growth and alignment with core values are essential in becoming an effective leader.

"Before you can lead others, you have to lead yourself," Wright said. "Women need to recognize their own power, embrace their purpose, and step boldly into the roles they were meant to fill."

Miriam Wright is passionate about shifting leadership dynamics from competition to community. She encourages women to uplift one another rather than view success as a scarce resource.

"When women support each other, we all rise," she said. "Success isn't something we should hoard, it's something we should share. Building networks of empowerment leads to generational impact."

Miriam Wright firmly believes that leadership is about the legacy one leaves behind. She argues that true success is not measured in accolades but in the positive transformation a leader sparks in others.

"The impact we make on people's lives is what truly matters," Wright stated. "When we focus on serving and empowering others, we create a ripple effect that lasts far beyond any title or award."

Miriam Wright is calling on women everywhere to lead boldly, authentically, and with purpose. She believes now is the time to step forward and make a difference.

"The world is waiting for women to lead with heart," she said.

"Now is the time to take action, to create change, and to build a legacy that truly matters."

Claudia NEWBY-TYNES

A Kingdom Communicator & Transformational Leader



As the recipient of the GLEBM Leadership Excellence Award for 2024: Transformational Leader of the Year for Excellence in Writing and Mentorship, Claudia Newby-Tyne's glorifies her Abba Father by using her God-given ministry gifts to illuminate the hidden and dark places of the world. She humbly declares, "The ministry is His; I am His pen."

Passionate about fulfilling God's divine purpose, Claudia finds immense joy in serving the Kingdom and advancing His work. Alongside her role as a devoted caregiver to her "96-year-young" mother, she extends her passion by ministering to the lost, the hurting, and those in need of spiritual renewal.

As the Founder of Write 4U, Claudia is a 3X International Best-Selling Author, having authored four books and collaborated on five others. One of her highly anticipated works, Signs of the Tynes, co-authored with her husband James, chronicles their 54-year marital journey, highlighting their triumphs over life's challenges and their transformation into a Kingdom couple. Her book, Getting to Your There (How to Get Where God Wants You to Be), is set for release under a publishing contract, with further details forthcoming.

Claudia is actively engaged in leadership and service through various organizations:
President of The NU Chapter of Rho Alpha Tau, Inc. (South Hampton Roads, VA) A fellowship dedicated to ministry and outreach, operating under the mantra: "Our hands: God's work."
Partner with Women Reach Out with God Initiatives (WROWGI) in Nigeria, Supporting women's education, financial assistance, and community outreach programs.
Book Angel for the Food for Thought Distribution Program (Isle of Wight Community Christian Outreach Program) – Advocating for children's literacy and promoting the love of reading.

Claudia and James, high school sweethearts, have shared over five decades of love and faith. They are proud parents to their son, Rodney D. Tynes, and reside in Smithfield, Virginia, where they are devoted members of Soteria Life Center. ■

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Signs of the Tynes
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X (Twitter): @write_4u – Claudia Kingdom Communicator Tynes
Claudia remains steadfast in her Kingdom assignments, knowing that through her words and service, God is glorified.

Article

Winning God's Way: A Transformational Message

- *Claudia Newby-Tynes*

In a world that often measures success by material gains and societal accolades, author and speaker Claudia Newby-Tynes presents a refreshing and profound perspective: true victory comes from winning God's way. Her powerful message challenges individuals to shift their mindset, embrace faith, and recognize that success is not just possible, it is already secured through divine purpose.

Newby-Tynes begins by dispelling a common misconception: prayer should never be a last resort, but the first and foremost strategy for navigating life's journey. "Remember, we are winners. Hello, W-I-N-N-E-R-S!" she exclaims. For those who struggle with self-doubt, she offers reassurance. "Not only are you a winner, but you have already won."

Drawing inspiration from Booker T. Washington's words, "If you want to lift yourself up, lift up someone else", Newby-Tynes encourages individuals to use their talents in service of others. She shares her personal journey of stepping into her divine calling as a writer and speaker, recounting the challenges and triumphs that led her to become a Kingdom Communicator and Scribe.

Initially, Newby-Tynes found comfort in working behind the scenes, hesitant to embrace her voice publicly. However, she soon realized that God had a different plan. "God pulled my 'Behind the Scenes' covers off," she recalls. "He took me out of my comfort zone and put me on the front lines." Overcoming fear was no easy task, but she clung to Joyce Meyer's famous encouragement: "Do it



afraid." And so, she did.
Her commitment to answering God's call led to the birth of Write 4U, a ministry dedicated to writing and speaking for His glory. Inspired by Psalm 45:1, "...my tongue is the pen of a ready writer," she embraced her divine assignment. Decades later, her voice now reaches across national and global platforms, transforming lives through the written and spoken word.

At the heart of Newby-Tynes' message is the conviction that winning or losing is ultimately a mindset. "What we think in our hearts is who we become," she asserts. She challenges readers to make a choice:
"I AM A WINNER!"
"I AM A LOSER!"

According to her, the words we speak determine our outcomes. Saying "I can" affirms a winning mindset, while "I can't" reinforces defeat. She references Philippians 4:13, "I can do all things through Christ which strengthens me", as the foundation of an empowered life.

Strategies for Victory
To help others walk in victory, Newby-Tynes outlines winning and losing strategies:

Winning Strategies:
Have a purpose-driven mindset.
Focus on the present moment.
Possess courage and align bold confessions with the Word.

Losing Strategies to Avoid:
Comparing and competing with others.
Falling victim to fear, doubt, and unbelief.
Lacking a clear vision and direction.

She also provides reflective questions to guide individuals in assessing their readiness for success:

What am I thinking?
What are my goals for winning?
Am I in the right starting position?
Do I have the proper tools and training?

A Call to Action: Winning God's Way
Newby-Tynes emphasizes that preparation is key. "The three Ps for preparation are: prepare, prepare, and prepare," she states. She encourages individuals to stay focused and unwavering in their faith, referencing 2 Corinthians 2:14, "Now thanks be unto God, which always causes us to triumph in Christ."

As she concludes, she leaves her audience with one final charge: Trust in God, follow His direction, and press toward the prize of the high calling (Philippians 3:14). "You are a winner! You have already won!"

Her message is clear and inspiring, victory is not just a possibility; it is a divine guarantee when we choose to win God's way.

Dr. Brenda Sawyer

A Legacy of Education, Empowerment, and Faith



Brenda Sawyer, a native of New York City, now residing in Philadelphia, PA, is a retired educator, inspirational speaker, international best-selling author, and mentor. With a 26-year career in elementary education, Brenda's passion for teaching began at the young age of five and has continued throughout her life.

Brenda is the Founder and CEO of Girls Walking With Integrity Empowering for Destiny (GWWI)®, a platform dedicated to encouraging, empowering, and transforming the lives of Christian women aged 45 to 65. As a Mentoring Strategist, she equips women with strategies to move from pain to purpose by integrating Biblical principles, faith-based teachings, and transformational coaching.

She is also the author of the international best-selling book Encouraging Words for the Mind, Spirit, and Soul, a collection of devotions rooted in her work with GWWI®.

Founder of "God Wants to Get the Glory from Your Story"
Brenda extends her ministry through "God Wants to Get the Glory from Your Story", a series of one-on-one Zoom interviews where individuals share their testimonies of God's miracles, signs, and wonders in a safe and uplifting space.
Additionally, she hosts two weekly Clubhouse rooms:
TESTIMONY TUESDAY (Tuesdays at 11 AM EST) – A space for people to share their testimonies of God's miracles. (Hebrews 11:1 – "Now faith is the substance of things hoped for, the evidence of things not seen.")
THE POWER OF THE TONGUE (Wednesdays) – Focused on speaking words of life, faith, and positivity over circumstances. (Proverbs 18:21 – "Death and life are in the power of the tongue.")
A lifelong learner, Brenda holds a Master's Degree in Elementary Education from Cabrini College and an Honorary Doctorate in Christian Humanities. Her achievements extend beyond the classroom into writing, inspirational speaking, and faith-based mentorship.

Her work has been featured on Times Square billboards for various author collaborations, including her recent recognition in The Chain Breaking Experience Magazine. She has also been showcased on the cover of EM-Spire! Magazine, GLEBM Impactful Women Magazine, and Hoinser Book Compilation.

Brenda has been honored with numerous awards, including:
Champion Leadership Award (London, UK)
Hoinser Women Magazine Award Trophy (For being a successful and valued personality)
GLEBM Leadership of Excellence Award.

Brenda's impactful work has been featured on radio, podcasts, and talk shows, including:
Conversations Live with Cyrus Webb
Conversations with Dr. Stevii Aisha Mills
Dr. Renee Sunday Show
NewBeing Queen Magazine and Talk Show with Yolanda Mitchell.

With a heart for service, education, and faith, Brenda remains dedicated to being the change she wants to see in the world. She continues to empower women to embrace their divine purpose and walk in integrity.

As a Woman of God, educator, author, speaker, exhorter, and servant leader, she remains steadfast in her mission to uplift and inspire, always led by the Holy Spirit.

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Article

BEING A VICTIM OF BULLYING MADE ME A CARING TEACHER

- *Dr. Brenda Sawyer*

For many, childhood experiences shape the trajectory of their lives but for Dr. Brenda, overcoming bullying in her early years became the foundation of her calling as an educator, mentor, and advocate for children. Her journey from a bullied student to a compassionate and influential teacher is a testament to resilience, faith, and the transformative power of adversity.

Growing up in the New York City housing projects, she was raised in a closely knit Christian family that prioritized faith, love, and respect. But while her home was a haven, her school experience told a different story.

From the third to the fifth grade, she was relentlessly bullied by three classmates Jean, Ema, and Mary who taunted her, stole her lunch money, and physically attacked her. Worse yet, the very adults entrusted with her education and safety, including some of her own teachers, failed her.

"I was shocked when my African American teachers, who I thought would uplift me, instead belittled me and my classmates, calling us names and questioning our potential," she recalls.

Even when she mustered the courage to speak up, the response was dismissive and indifferent.



Dr. Brenda Sawyer

Her teacher, Mrs. Farrow, ignored her pleas, and the principal, Mrs. Tucker, brushed it off with a casual, "Kids will be kids."
The injustice was overwhelming, but rather than let it define her, she turned to her faith. She prayed for her bullies. She prayed for strength. And in time, the bullying subsided.
Through her trials, she discovered a deeper calling to become the kind of teacher she never had. From the age of five, she knew she wanted to teach and nurture children. But now, with firsthand experience of what it meant to be ignored and undervalued, she was determined to create a classroom built on love, respect, and inclusion.

As an educator, she implemented conflict resolution strategies and built a family-like environment where every child felt seen, heard, and valued. Unlike her own teachers, she never "swept problems under the carpet." Instead, she worked hand-in-hand with parents to address challenges and foster a culture of mutual respect.

Her commitment to her students extended far beyond academics, she became a mentor, a role model, and a pillar of support for those in need. Many of her former students, now adults, still keep in touch, a testament to the lasting impact of her leadership and compassion.
She firmly believes that God allowed her to endure childhood bullying as a way to prepare her for the mission ahead. Through faith and perseverance, she transformed her pain into purpose, becoming a beacon of hope for her students and community.

Her story embodies the wisdom of Proverbs 22:6 "Train up a child in the way he should go: and when he is old, he will not depart from it." She is living proof that with faith, resilience, and a heart for others, adversity can be the foundation for greatness.

Her impact as a caring teacher, mentor, and advocate has earned her a place among GLEBM's Top 20 Impactful Women Leaders to Watch in 2025 a well-deserved honor for a woman who turned childhood hardship into a legacy of empowerment and transformation.

Profile

Evang-Bertha WINSTON

Radio Personality | Financial Expert | International Speaker | Best-Selling Author



Dr. Evangelist Bertha D. Winston is a dynamic international speaker, financial expert, and radio personality with a legacy of impact spanning decades. She hosted the Eagle Kind Radio Broadcast on 1340 AM WYCB for eight years, bringing encouragement and empowerment to countless listeners.

The eldest of eleven children, Dr. Winston celebrates 55 years of marriage to Clifton H. Winston, Jr., and is the proud mother of three adult children, grandmother of seven, and great-grandmother of six. For over 40 years, Dr. Winston has been a dedicated member of Jesus Way Temple Christian Church, where she serves as a Board Member, Secretary, Worship Leader, and Associate Minister. She also serves as a Board Member for foreign missions in the Republic of Haiti and has held leadership roles within the National Network for Christian Men and Women.

As the CEO of Destined2Millions and The Winston Experience Financial Success Companies, Dr. Winston is committed to helping individuals achieve financial freedom. She is also the co-owner of The Pavilion All-Exclusive Event and Conference Center and Intimate Events at the W. Her expertise extends to teaching individuals how to build passive income streams, retire debt-free, and take control of their financial futures.

A celebrated best-selling author, Dr. Winston has penned multiple transformative books, including:
Unshakable Faith, Redirect, Redefine & Renew You
Love Like You've Never Been Hurt,
Empowered To Win (4th Edition),
The Glory of His Presence (Volumes 1 & 2),
The Path to Financial Independence,
Perspectives on Invisible Illnesses (introduced in Ghana in 2025).

Her influence has been recognized on the front covers of prestigious magazines such as:

Forbes One, Author All-Stars (twice), Black Woman Magazine, Soigne + Swank, Nspire, and GLEBM (Nigeria). Featured in Women Empowered to Win Global Magazine (Mother's Day Edition)
Highlighted in major media outlets like CBS, Fox News, and NBC News.
Honored as one of the Top 20 Authors in Author All-Star Magazine (2023 & 2024)
Billboard Feature: 2024 Top Women in Business and Ministry (Mother's Day Special).

Dr. Winston's relentless dedication to faith, business, and humanitarian work has earned her numerous accolades, including:

2024 President's Lifetime Achievement Award (September & December 2024)
Honorary Humanitarian Doctorate Award (September 28, 2024).

Having retired from 15 years as an Office Manager in a prestigious Washington, D.C. law firm, Dr. Winston is now more focused than ever on helping individuals achieve financial independence and create lasting wealth.

"Financial freedom isn't just a dream; it's a reality waiting to be embraced."

Welcome to a world where faith, purpose, and financial empowerment come together to create a life of true abundance.

Article

THE PATH TO FINANCIAL INDEPENDENCE: Securing Your Future

– Dr. Evang. Bertha



For Evangelist Bertha Winston, achieving financial independence was once a distant dream, one that many aspire to but few take the necessary steps to secure. At the age of 62, as she prepared to retire from her long-held position as an Office Manager, reality struck: her financial situation made retirement impossible. Instead of stepping away from the workforce, she was faced with the daunting prospect of working another 11 years to sustain herself.

"I was shocked when I realized that my financial standing would not allow me to retire comfortably," Winston said. "I had worked my entire life, yet I wasn't financially prepared. That was a wake-up call."

Rather than letting this challenge defeat her, Winston embarked on a mission, one that would not only change her own financial trajectory but also inspire her to help others facing similar struggles. Determined to eliminate debt and gain financial freedom, she immersed herself in financial education, applying strategies that allowed her to regain control of her finances.

Her experience ignited a passion for financial literacy, leading her to transition into financial coaching. She established a financial coaching practice, with a mission to guide individuals in budgeting, debt management, retirement planning, and investment strategies.

Recognizing the urgent need for financial preparedness, Winston developed a strategic framework to help individuals achieve financial stability and reach long-term goals. "Financial freedom isn't just about having money," she explained. "It's about having choices, security, and the flexibility to live without financial burdens."

Her coaching focuses on empowering people to make informed financial decisions, whether they are just starting their financial journey or refining their existing strategies. Winston believes that true wealth is not just measured by



financial gain but by the ability to create a legacy and ensure stability for future generations. For Winston, financial freedom is not just about numbers; it starts with a shift in mindset.

"How you view and handle money plays a huge role in your financial future," she said. "A mindset rooted in abundance, gratitude, and wise decision-making can pave the way for stability."

She teaches clients how to create and stick to a budget, build emergency funds, and invest wisely for the future. She also emphasizes debt management, advocating for the widely recognized Debt Snowball Method, which helps individuals systematically eliminate debt by focusing on small victories that build momentum.

"Debt can feel overwhelming, but there's always a way out," Winston stated. "The key is having a plan and staying consistent."
Winston's path to financial freedom is a testament to perseverance, adaptability, and faith. She draws inspiration from figures like Wilma Rudolph, the Olympic runner who overcame adversity to achieve greatness.
"Just like Wilma was told she'd never walk again but went on to win Olympic gold, I believe anyone can overcome financial hurdles with the right mindset and strategies," she said.

For Winston, financial principles align with biblical wisdom, emphasizing stewardship, planning, and sound decision-making. Quoting Proverbs 4:7, she remarked, "'Wisdom is the principal thing; therefore, get wisdom. And in all thy getting, get understanding.' Financial literacy is a form of wisdom, and it's essential for building a secure future."

As she continues to coach individuals toward financial stability, Winston remains steadfast in her belief that financial freedom is within reach for anyone willing to take the first step.

"You don't have to be great to get started," she said, quoting Zig Ziglar. "But you do have to get started to be great."

Through planning, persistence, and faith, Winston is proving that financial independence is not just possible, it's achievable for anyone willing to take control of their financial future.■

Dr. Lena PAYTON WEB

Visionary Leader in Publishing and Community Empowerment



Dr. Lena Payton Webb is a trailblazer in publishing, art, and community impact, known for her unwavering resilience and dedication to empowering voices worldwide. With over 21 years of distinguished service as a military officer in the United States Army, she developed exceptional leadership skills and a deep commitment to service. After retiring from the military, she leveraged her expertise to establish Blu Impressions Publishing LLC, a thriving six-figure enterprise that helps authors, coaches, and consultants transform their knowledge into impactful, revenue-generating publications.

Dr. Webb's journey is one of unshakable perseverance and transformation. During her battle with leukemia, she experienced the devastating loss of her eyesight, leaving her legally blind for nearly four years. Refusing to surrender, she embarked on a remarkable recovery, retraining her vision through coloring books featuring Big Bird and Barney. This life-changing experience illuminated a gap in diverse and representative artistic resources, igniting her passion for creating custom journals and coloring books that celebrate inclusivity and cultural representation.

Dr. Webb's innovative contributions to publishing and media have earned her global recognition across major platforms, including CNN, CBN, ABC, and NBC. Her influence has been further cemented through features in:

The Making of the Entrepreneur Docuseries
Woman to Woman Magazine
SwagHer Magazine.

Her trailblazing work led to her being recognized as one of the Top 25 Entrepreneurs to Watch in 2025, solidifying her status as a powerhouse in the publishing industry.

Beyond publishing, Dr. Webb is a passionate advocate for literary empowerment and community engagement. As the Director of LitCon Inc., a nonprofit dedicated to fostering connections through literature, she has led prestigious literary symposiums and author expos at esteemed institutions, including:

Florida A&M University (FAMU)
Georgia Tech
Bishop State College.

Her unwavering commitment to literature and community impact has earned her the Community Excellence Impact Award, recognizing her efforts in enriching society through storytelling and education.

From military service to overcoming life-altering health challenges, Dr. Webb's journey is a testament to resilience, vision, and transformation. Through her work, she continues to inspire individuals to share their stories, embrace their creativity, and build lasting legacies.

Dr. Lena Payton Webb is more than a publisher, she is a visionary, a leader, and a catalyst for change, ensuring that every voice is heard and every story is told.

Article

TRANSFORMING PUBLISHING AND EMPOWERING WOMEN ENTREPRENEURS

- *Dr. Lena Payton Webb*

Dr. Lena Payton Webb is leading a publishing revolution as the CEO of Blu Impressions Publishing, a six-figure company dedicated to turning the expertise of coaches, speakers, and entrepreneurs into revenue-generating books, Dr. Lena is redefining how authors build their brands and legacies.

In her words, "Publishing should not be a closed-door industry," "Every expert, especially women, should have the opportunity to leverage their knowledge into something impactful and profitable."

For decades, many aspiring authors, particularly women, have faced challenges in accessing publishing opportunities. Traditional models often require extensive resources, industry connections, and lengthy approval processes. Dr. Lena is changing that.

Through Blu Impressions Publishing, she equips authors with the tools to transform their knowledge into books that serve as powerful business assets. The company specializes in, Self-help books, workbooks, and journals tailored to an author's expertise and business strategy.

Publishing strategies that extend beyond book sales, leveraging content for courses, speaking engagements, and consulting opportunities.
By focusing on accessibility, innovation, and profitability, Dr. Lena ensures that diverse voices are heard without waiting for validation from traditional publishers.



Dr. Lena Payton Webb

"Books are not just for storytelling, they are strategic tools," she explains. "I teach my clients how to use their books to position themselves as thought leaders, attract opportunities, and generate multiple income streams."

Dr. Lena's influence extends beyond publishing; she is a driving force in women's entrepreneurship. Her mission is clear: to help women step into their power, monetize their knowledge, and build sustainable businesses.

"Too many women hesitate to own their expertise," she says. "I



Dr. Lena Payton Webb

want them to see that their knowledge holds immense value and that they can create wealth from what they already know." She provides women with the framework to, turn their expertise into books, courses, and high-value offers.

Position themselves as industry leaders, securing speaking engagements and corporate partnerships. Gain confidence in their message, brand, and impact.

According to her, the business and publishing worlds often discourage women from fully embracing their success and she is actively changing that narrative by fostering a culture where women are empowered to: Step into leadership unapologetically. Share their stories boldly and authentically.

Leverage their experiences to build powerful brands.

Through mentorship and coaching, she provides women with the mindset and strategies they need to recognize their value and take action without hesitation.

"Women often juggle business, family, and personal growth," she acknowledges. "My goal is to provide a publishing model that supports their lifestyle and long-term goals without leading to burnout."

Her approach enables women to, Create books that align seamlessly with their business vision. Generate passive income through book sales, online programs, and workshops.

Establish a long-term brand presence while maintaining balance in their lives.
Dr. Lena Payton Webb is more than a publisher, she is a movement. By dismantling barriers, equipping women with the right tools, and fostering a culture of empowerment, she is transforming the publishing industry and redefining success for female entrepreneurs.

"Women's stories matter. Their expertise is valuable. They have the power to create impact on their own terms," she says.

As she continues to uplift and inspire, Dr. Lena is proving that success is not about seeking permission, it's about taking action and owning the journey.

Profile

Dr. Daphne Soares

Global Business Coach | Leadership Expert | NLP Practitioner | 22x International Bestselling Author



Dr. Daphne Soares is a visionary leader and transformational coach, recognized globally for her expertise in business coaching, leadership development, self-mastery, and Neuro-Linguistic Programming (NLP). As the founder of Carousel Moms Business and Lifestyle Coaching, she is dedicated to empowering women to break barriers, build thriving businesses, and create lives filled with purpose and fulfillment.

With over 13 years of senior executive experience in multinational corporations, Dr. Soares seamlessly integrates her corporate expertise into a dynamic career spanning coaching, counseling, psychotherapy, hypnotherapy, and catechism. Her work has impacted individuals and organizations worldwide, helping them unlock their full potential through innovative methodologies and a deeply personalized coaching approach.
Dr. Soares' remarkable contributions to coaching, leadership, and mental health have earned her international recognition and prestigious accolades, including:

Global Impact Award (2024, UK) – Presented by Sarah Ferguson, Duchess of York
Gold First Place Global Coach of the Year (2023, London) – Presented by Dr. Tererai Trent, Oprah Winfrey's "all-time favorite guest"
Top 20 Inspirational Women (2024) – Ranked #2 by The NYC Journal
Top 30 Business Coaches (2022) – Ranked #7 by The NYC Journal
Top 10 International Female Coaches (2021) – Recognized by Yahoo Finance.

A 22-time international bestselling author, Dr. Soares has co-authored books with some of the most influential figures, including legendary speaker Les Brown. Through her books, speaking engagements, and transformative coaching programs, she continues to ignite change and inspire women to embrace financial independence, confidence, and balance, all while building lasting legacies for their families and communities.

Dr. Soares firmly believes that every individual possesses untapped potential, and she has dedicated her life to helping clients break free from limiting beliefs, develop high-performance habits, and achieve extraordinary success. Whether through one-on-one coaching, group mentorship, keynote speaking, or her powerful books, she equips women with the tools they need to create a life of impact, wealth, and fulfillment. ■

Connect with **Dr. Daphne Soares**
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Article

Breaking Free from Perfectionism

- Dr. Daphne Soares

Perfectionism is often seen as the key to high achievement, associated with ambition, precision, and excellence. Yet, for many women balancing careers, family, and personal aspirations, the relentless pursuit of flawlessness can be more of a burden than an asset. The pressure to meet impossible standards often leads to self-doubt, stress, and burnout.



- Dr. Daphne Soares

"Striving for excellence is admirable, but when perfection becomes the goal, it can actually hinder success," says Dr. Daphne Soares, an expert in personal development. "Success does not require perfection. It requires progress."

Despite the common belief that perfectionism drives achievement, it often creates roadblocks. Many perfectionists struggle with the fear of failure, constantly worrying that any mistake will undermine their credibility. This fear can lead to procrastination, delaying tasks out of anxiety that they won't meet unrealistic standards. Over time, the constant self-criticism takes a toll, resulting in burnout and a diminished sense of accomplishment. Even those who reach impressive milestones may experience imposter syndrome, questioning whether they truly deserve their success. Creativity can also suffer, as perfectionists often focus so much on avoiding mistakes that they limit their ability to think freely and innovate.

For those caught in the cycle of perfectionism, breaking free requires a shift in mindset. One of the most powerful steps is to reframe the way we think about success. Instead of aiming for perfection, focusing on progress can lead to greater fulfillment and confidence. Dr. Soares encourages individuals to celebrate small victories and acknowledge their growth rather than fixating on perceived flaws. "When we shift our focus to progress, we acknowledge our efforts instead of dwelling on what we think is missing," she explains.

Learning to accept "good enough" can be life-changing. Many perfectionists become paralyzed by overanalyzing, believing that if something isn't perfect, it isn't worth doing. This kind of thinking stalls productivity and creates unnecessary stress. Instead, asking, "What is the best I can do in this moment?" can shift the focus from unattainable ideals to realistic action. Entrepreneur Lisa Reynolds recalls how perfectionism kept her stuck for years. "Once I embraced 'good enough,' I finally started making real progress. It was liberating," she shares.

Another crucial step is changing how we view mistakes. Instead of seeing them as failures, they should be recognized as opportunities for growth. Mistakes are an inevitable part of any journey, and often, they provide the most valuable lessons. Jessica Patel, a corporate leader, reflects on her own experiences: "Some of the best lessons in my career came from failures. They taught me resilience, adaptability, and problem-solving skills." Letting go of the fear of mistakes fosters

resilience and allows for greater personal and professional development.

Setting realistic expectations is another important aspect of overcoming perfectionism. Many perfectionists set the bar so high that success feels impossible, leading to frustration and self-criticism. Breaking large tasks into manageable steps and recognizing personal limits can ease the pressure. Dr. Soares emphasizes that setting achievable goals creates space for success without unnecessary stress.
Success is not defined by flawlessness but by consistent effort and improvement. Rather than dwelling on what still needs to be done, taking time to appreciate the progress made can be a powerful motivator. Rachel Greene, a coach and author, shares how this mindset shift transformed her confidence: "When I stopped measuring success by perfection and started measuring it by progress, everything changed for me."

At the heart of this transformation is self-compassion. Perfectionists tend to be their own harshest critics, holding themselves to impossibly high standards. Learning to replace self-criticism with encouragement can ease the pressure and foster a healthier, more resilient mindset. Dr. Soares urges individuals to treat themselves with the same kindness they would offer a friend. "Self-compassion helps break the cycle of perfectionism. When we treat ourselves with kindness, we create a healthier, more resilient mindset," she says.

Contrary to popular belief, perfection is not a prerequisite for success. In fact, the pressure to be



flawless can hold people back from reaching their full potential. True success is about growth, courage, and taking action despite imperfections. "When we let go of perfection, we open ourselves up to greater confidence, creativity, and fulfillment," Dr. Soares concludes.

By shifting the focus from perfection to progress, individuals can break free from the stress of unrealistic expectations and achieve success on their own terms. The key is to trust the process, embrace learning, and recognize that success is not about being perfect, it's about moving forward.

From Fatigue to Fertility: The Truth About Hormonal Imbalance in Women



Hormones are the body's chemical messengers, playing a crucial role in regulating various functions, including metabolism, mood, reproduction, and overall health. However, when hormone levels fluctuate beyond the normal range, they can cause significant health issues. Hormonal imbalance is common among women due to factors like stress, lifestyle choices, medical conditions, and aging.
In this article, we will explore the symptoms, causes, when to see a doctor, nutritional guidance, and treatment options for hormonal imbalance in women.

Symptoms of Hormonal Imbalance in Women

Hormonal imbalances can manifest in various ways depending on which hormones are affected. Common symptoms include:

1. Irregular Menstrual Cycles
Heavy, light, or missed periods
Frequent or unpredictable cycles.

2. Unexplained Weight Gain or Loss
Increased fat accumulation, especially around the abdomen
Difficulty losing weight despite exercise and diet.

3. Fatigue and Low Energy
Feeling constantly tired, even after rest
Brain fog and difficulty concentrating.

4. Mood Swings and Anxiety
Irritability, depression, or anxiety
Sudden mood changes without a clear cause.

5. Sleep Disturbances
Difficulty falling or staying asleep
Night sweats and hot flashes.

6. Skin and Hair Changes
Acne, dry skin, or increased sensitivity Hair thinning or excessive hair growth (hirsutism).

7. Low Libido and Fertility Issues
Reduced interest in intimacy
Difficulty conceiving due to ovulation problems.

8. Digestive Problems
Bloating, constipation, or diarrhea Increased cravings for sugar and carbs

Common Causes of Hormonal Imbalance

Hormonal imbalance can be triggered by multiple factors, including:

1. Stress
Chronic stress increases cortisol levels, disrupting other hormones like estrogen, progesterone, and thyroid hormones.

2. Poor Diet and Nutrition Deficiency
Excessive sugar and processed foods lead to insulin resistance
Deficiency in essential vitamins and minerals affects hormone production

3. Thyroid Disorders
Hypothyroidism (underactive thyroid) or hyperthyroidism (overactive thyroid) impacts metabolism and energy levels

4. Polycystic Ovary Syndrome (PCOS)
PCOS leads to irregular periods, weight gain, and excess androgen (male hormone) production.

5. Menopause and Perimenopause
Estrogen and progesterone decline with age, leading to symptoms like hot flashes and mood swings

6. Birth Control and Medications
Some contraceptives and hormone replacement therapies (HRT) can alter hormone levels.

7. Sleep Deprivation
Lack of sleep disrupts melatonin and cortisol, which can impact estrogen and insulin levels.

8. Toxin Exposure
Endocrine disruptors in plastics, pesticides, and personal care products interfere with natural hormone balance.

When to See a Doctor

- While mild hormonal fluctuations are normal, prolonged or severe symptoms should not be ignored. Seek medical advice if you experience:
- Irregular or absent periods for more than three months
- Unexplained weight gain or loss
- Severe fatigue, anxiety, or depression
- Persistent acne or excessive hair growth
- Difficulty getting pregnant
- Frequent headaches or dizziness

A doctor may recommend blood tests to check hormone levels, thyroid function, and overall metabolic health. ■

To be Continued Next Edition

Jacqueline KABA-HARRISON

Confidence & Success Coach | Executive Channel Producer | Speaker | Author



Jacqueline Kaba-Harrison

Jacqueline Kaba-Harrison is a transformational leader, Confidence & Success Coach, and dynamic speaker dedicated to empowering African American women. She is the visionary founder of Realizing Your Potential, LLC, an organization committed to helping women harness their power, build unshakable confidence, and create abundance in their lives and businesses.

Born and raised in Detroit, Michigan, alongside her two younger brothers, Jacqueline has always had a passion for dance and roller skating, hobbies she continues to enjoy today. Her desire to make a meaningful impact led her to Wayne State University, where she earned a Bachelor's Degree in Social Work in 1996.

During this time, she was introduced to West African dance and culture, which became a pivotal force in rebuilding her self-esteem and confidence. Inspired by this connection, she pursued the Africana Studies Graduate Program at Clark Atlanta University before ultimately returning to social work, earning a Master's in Social Work in 2001.

In 2005, she moved to New York City to further immerse herself in West African dance and culture while leading Sista Circles and teaching dance to adults. These experiences deepened her passion for bringing African American women together to uplift, support, and empower one another.

Jacqueline has been a Licensed Clinical Social Worker in the state of Michigan since 2003 and has been in the field since 1994. Over the years, she has embraced her role as a catalyst for change, helping women eliminate negative self-talk, break free from self-sabotaging behaviors, and build confidence to take their businesses to the next level.

She provides coaching, leadership training, and personal development resources tailored to coaches, consultants, and entrepreneurs, equipping them with the strategies needed to thrive.

Jacqueline is the Executive Channel Producer of A Queen's Round Table Channel on the Women Win TV Network, the fastest-growing all-women television network. She also hosts A Queen's Round Table Leadership Symposium, TV Show, and Podcast, offering a powerful platform for entrepreneurs to gain professional, personal, and leadership development.

She speaks on topics such as:

Creating Unshakable Confidence for Entrepreneurs
Overcoming Negative Self-Talk & Self-Sabotage
Boosting Motivation & Productivity in Business
Developing a Success-Oriented Mindset

Jacqueline has been featured in national and international publications, including HuffPost, Keynote Magazine, Courageous Woman Magazine, CEO Weekly, NY Weekly, WTNZ Fox 43, Fox 40, KTVN-2 News, and many others. She has also graced prestigious stages, including the Women Win VIP Experience at the Forbes Under 30 Summit.

As a visionary author, she has led two powerful book anthologies:
Born To Lead: Awakening The Leader Within,
Women of Color United – My Health Is My Wealth: The Ultimate Guide for Practicing Self-Care for Entrepreneurs
Jacqueline resides in Michigan with her loving husband and 12-year-old son. Her life's mission is to empower women worldwide to step into their greatness, embrace their confidence, and achieve lasting success.

Learn more at:
www.RealizingYourPotential.com

Article

Leading with Vulnerability and Confidence

- *Jacqueline Kaba-Harrison*

For many, vulnerability may seem like a weakness, but Kaba-Harrison believes it is one of the greatest strengths a leader can possess. By openly sharing her journey of overcoming self-doubt, she demonstrates how embracing vulnerability fosters trust, connection, and resilience.

"I can still hear these words so vividly: 'You're not that smart, and you will have to work two to three times harder than others to achieve the same thing,'" she recalls. "Those words stung, and for years, I struggled to believe in my own worth."

Despite these doubts, Kaba-Harrison refused to let them define her. By embracing her struggles and recognizing her value, she developed unshakeable self-confidence, a trait she now teaches others to cultivate in their own lives and businesses.

Kaba-Harrison emphasizes that self-confidence is not an inherent trait but a skill that can be developed. She outlines three key strategies for fostering unshakeable self-belief:

Surround Yourself with Like-Minded Individuals: The company we keep has a profound impact on our mindset and success. "If you surround yourself with individuals who don't believe in themselves, they likely won't support you in your journey," she explains. "Seek out those who believe in their potential and are actively working toward their goals."



Jacqueline Kaba-Harrison

Celebrate Your WinsToo often, leaders focus solely on the end goal, neglecting to acknowledge their progress. Kaba-Harrison encourages entrepreneurs to take note of even the smallest victories. "Every step forward matters," she says. "Acknowledging your progress reinforces your belief in yourself and keeps you motivated."

Step Outside Your Comfort ZoneGrowth begins where comfort ends. "Every time you tackle something new, you reinforce your ability to handle challenges," she says. "Pushing past fear builds resilience and strengthens your confidence."

Kaba-Harrison highlights several reasons why vulnerability is essential for effective leadership:

Fostering Connection: Leaders who are transparent about their experiences build stronger, more meaningful relationships with their teams.

Encouraging Innovation: Admitting that they don't have all the answers allows leaders to empower their teams to contribute fresh ideas and solutions.

Building Trust: Authenticity creates an environment where people feel safe to express themselves and collaborate effectively.

Enhancing Relatability: A leader who acknowledges their struggles becomes more approachable and inspiring to those around them.

"In leadership, trust is everything," Kaba-Harrison asserts. "People follow those they believe in, not those who pretend to be invincible."

As more women entrepreneurs rise to positions of influence, the traditional notions of leadership are shifting. Vulnerability, once seen as a liability, is now recognized as a powerful tool for fostering genuine connections, driving innovation, and inspiring growth.

Kaba-Harrison's message is clear: true leadership is not about having all the answers but about having the confidence to lead with authenticity. By embracing both vulnerability and self-assurance, leaders can create an environment of trust, empowerment, and success.

"The best leaders are those who are real," she concludes. "And when you lead with both strength and openness, you don't just inspire others, you change lives."

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