

# MizCEO

MAR 2020

FOR THE ENTREPRENEURIAL WOMAN

Loving your  
**BODY**  
*naturally*

MizCEO  
*is heading to*  
**ESSENCE**  
FESTIVAL 2020

It's **2020**  
Your Time  
is **NOW**

*Brittney*

**BANKER**

**THE AROMA OF SUCCESS**

SAVE  
THE  
DATE

*Miz*CEO

2020 ENTREPRENEURIAL CONFERENCE

WATCH  
GOD

*Work*

WASHINGTON, DC

OCTOBER 9-10, 2020



# MizCEO

*Welcome to the Blazin hot Spring Edition of the  
MizCEO Entrepreneurial Media Magazine!*

Our amazing graphic designer Shannon from Speak Beautiful has done her thing again with designing this issue!

As I write this, our world is living through the Coronavirus pandemic. Many are afraid. Many are panicking. Stores are bare. People are sick and dying. However, I ask that you join me in choosing FAITH over fear. The Word of God says in **2 Timothy 1:7 King James Version (KJV)**:

*7 For God hath not given us the spirit of fear;  
but of power, and of love, and of a sound mind.*

I want you to think of that one thing that you did not think that you were going to survive and you did?! I do not believe that God brought you through “that” thing that He brought you through to leave you now!!

**Be Encouraged. God has a plan.**

**He ALWAYS does! Rest in that!**

**I'm praying for you!**

**Because *He Lives*,**

*Dr. Jessica Mosley*

**Dr. Jessica Mosley**

*Steward Owner of The MizCEO Entrepreneurial Media Brand*

# CONTRIBUTING AUTHORS



**LA DONYA  
YVETTE**



**TILDA  
WHITAKER**



**DR. DEENA  
BROWN**



**DR. LESLIE  
HODGE**



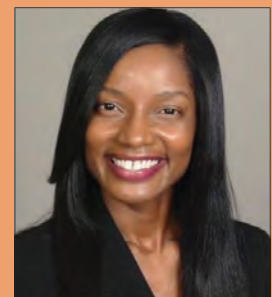
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STEPTEAU**



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**NIKITA  
NICCI**



**SHANICK  
BARTELL**

# what's inside

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# The Voice

By: Ashley Little

## Who is Britney Baker?

Britney Baker is an ambitious individual. She is a creative force and most importantly she is a child of God! She is a businesswoman; she is a preacher and for her the sky is not the limit... she is a believer that you can go beyond that. If people that truly know me could describe me, they probably would say that I am creative, driven, humorous and I hope kind. Britney is also no stranger to struggle and rejection, but I feel that with help and strength from God she has also become an OVERCOMER.

**Britney, you are The CEO of a thriving premium fragrance company called L'arome Factory. Please tell readers more about your company?**

L'arome Factory was started in 2016. L'arome is "Aroma" in French... I was sitting in the DMV with a friend of mine and we begin to talk about fragrances. I begin to tell her how I couldn't wear certain fragrances because I have sensitive skin. I remember walking out of the DMV with her that day and meeting up with her husband in the parking lot and I just burst

out and said, "I AM GOING TO START MY OWN FRAGRANCE LINE!". That was in 2015! So, I did a full year of research, found a perfumer, saved money and gathered all necessary resources and information. When 2016 came I launch a fragrance line that was harsh alcohol free. I could wear my fragrances and others with sensitive skin could wear my fragrance line also. It's been a blessing and a journey of growth and learning in the fragrance industry.

**Congratulations!! Britney on your new Signature fragrance called "31" Eau De Parfum that sold a large amount in 30 minutes of its launch. Please tell us more about it and how readers can support and purchase?**

Thankyou so much! When I originally started my fragrance company in 2016, I launched 2 perfumes (Fervent and Amour Grace) ... After selling out of those inventories I discontinued those fragrances and wanted to start fresh because of so much I had learned about the fragrance industry, branding, marketing, trial and error.



A woman with long, wavy blonde hair is posing against a vibrant red wall. She is wearing a shimmering, sequined silver suit consisting of a long-sleeved jacket and a matching skirt. Her right hand is raised to her hair, and she has a serene expression with her eyes closed. The lighting is dramatic, highlighting the texture of the sequins and the texture of the wall.

There are so many people in this world with *creative ideas* that can revolutionize or transform someone else's life and if I can just help *1% of mankind* with their ideas, I would be grateful."

*Britney*

I decided to rebrand with a new signature fragrance. I had already told my mom that my 3rd fragrance would be called 31 after the scripture in the bible Proverbs 31 that talks about a “Virtuous woman” and it reminded me so much of my own mom strength, but kind nature and that is were “31” Eau De Parfum “A soft scent, for a strong woman” came from. It is a nice soft oriental scent and this time you can buy either the travel size, the full bottle (available soon) and/or the matching scented lotion. It can be purchased at [www.LaromeFactory.Shop](http://www.LaromeFactory.Shop)

### **What makes your fragrance unique?**

There are many high-end fragrances out there that smell great, but at what cost to your health long term? My perfumes are used with essential oils and not high toxicity fragrant oils. It gives you that high end, feminine, sensual aroma all while keep your skin in mind.

### **Why are you so passionate about helping others turn their ideas into good ideas?**

I know what it is like to want something so bad and have no sense of direction on how to achieve it. When I can help people like me that started from scratch with limited resources, I fill closer to my purpose here on Earth. God want us to help each other in every way we possible can even if that is knowledge that we may need or the right direction destiny that we need to be pointed to. There are so many people in this world with creative ideas that can revolutionize or transform someone else life and if I can just help 1% of mankind with their ideas, I would be grateful.

### **Britney, you are “The Creative Coach” please tell readers more about your services you offer?**

YES, I AM!! I offer one on one mentorship with start up and established entrepreneurs. I help them bring their business to a creative light when it comes to their product, services, brand and marketing. This year I will be expanding my coaching program with group sessions, live classes, a podcast, a blog page, monthly videos and more. My website is [www.BritneyCreativeCoach.com](http://www.BritneyCreativeCoach.com)

### **Please tell us about your new books you are getting ready to release in 2020?**

Absolutely! I am getting ready to release my book “10 Keys to start a business with NOTHING” ... Once again, this book will help steer startup entrepreneurs with limited to no resources in the right direction and it will provide cost efficient or no cost at all tips to use to get their business up and going. My next book after that will be “Thinking in High Definition” this book is exactly as the title recommends and that is how to think higher and bring clarity to the vision and ideas we see in our minds.

### **What can we expect from you in 2020?**

A lot of traveling! LOL! I will also be hosting more in person events and book writing. My hope is to get involved with TV more and I may even start another business that’s been on my heart and mind!!



# Falling into Place

Written by  
Dr. Leslie Hodge

**W**omen are smart. Women are bold. Women are powerful. But, when a woman develops her confidence and gets out of her own way, and begins to apply God's principles to her life, there is not a plan, scheme, plot or strategy that can keep her from walking into the things purposed for her life.

When it comes to success, Kanica James does not have any secrets. In fact, she readily tells women they too can do it, and is preparing to carry her message around the country and world. Born in Chicago, IL and reared in Columbus, OH, Kanica decided early in her life to quiet the naysayers, haters and doubters, with her actions and not her words. Determined not to be a statistic, Kanica graduated from high school and went to college. After her first semester of college, Kanica became a mother. To her surprise, when it looked like things were falling apart, they were falling into place.

While being a new mom could have easily been used as an excuse to change directions in life or take the less traveled road, Kanica became more focused and determined than ever. She was so focused, she returned to school and not only earned her Bachelor's degree, but a dual Master's degree.

In 2008, Kanica took a professional leap that left those closest to her doubtful that she was making the right move, but only time would reveal to them, that this was only the beginning. Armed with knowledge, experience and faith, Kanica took a leap and never looked back.

**“Quitting is not  
an option.  
*Endure* to get to  
the *next level*.”**

Now 12 years and multiple businesses later, Kanica James is still defying the odds and breaking down barriers. Because there is still disbelief about her success, some transactions still require 3 to 4 pieces of identification. From owning and operating Autumn Days, a supported living agency that helps individuals with developmental disabilities build self-esteem, self-reliance and reduce social limitations, to her soul food restaurant - JD's Kitchen, Kanica along with her business partner have 30 employees.

That's 30 households, families, and neighborhoods impacted by Kanica's obedience and boldness to step out of what was familiar and comfortable, to build a foundation that continues to serve and feed people from all walks of life. When speaking about leaving a legacy that extends beyond your lifetime, Kanica James is living walking proof that someone's life and livelihood are dependent on doing what only you can do...your part.

Kanica is intentional about paying it forward. She wants women to be ready for success. Walking in honesty, having discipline, perseverance and character, are just some of the tools in Kanica's entrepreneurial toolkit. Whether women are beginning their entrepreneurial journey, or they are in the midst of building it, Kanica wants every woman to be fit...fit financially, spiritually and mentally. She is eager to share her experience and expertise to help someone else become who they have envision themselves to be.

Get ready, because Kanica is coming to a city near you. She is ready to tell women 4 words – YOU CAN DO IT!

### **Stay Connected to Kanica James**

Facebook: Kanica James  
Instagram: KanicaKreative  
[www.kjamesbanks.com](http://www.kjamesbanks.com)

Facebook: JD's Kitchen  
Instagram: EatJDKitchen  
[www.autumndays.org](http://www.autumndays.org)

### **ABOUT THE AUTHOR**

Dr. Leslie Hodge is a pharmacist, personal stylist, author, certified coach, and speaker. Founder and operator of Scripts & Beyond, LLC - a medication review and consulting company and Reflections Coaching & Consulting, LLC, Dr.Hodge uses her passion to help people manage their health, medications and live a well-balanced life. Connect with Dr. Hodge on Facebook and Instagram @drlesliehodge, @hoosierstylist or visit [www.drlesliehodge.com](http://www.drlesliehodge.com).



THE  
*Miz*CEO  
 FINALE BOOK  
 AIN'T  
 NO *Plan B*

Foreword by *Necoya Tyson*

Compiled by: *Jessica Mosley*



*Bonita Parker*



*Kenise Ewuraw*



*Dr. Jerrica Dodd*



*Erin Lopez*



*Dr. Nephertina Serrano*



*Dr. Delene Musielak*



*Tanya Wilson*



*Makini Smith*



*Kanica James*



*Damitra Sorden-Viera*



*Deidra Rousaw*



*Yoli Cox*



*Traycee Gales*



*Ashley Pittman*



*Autumn Ayri*

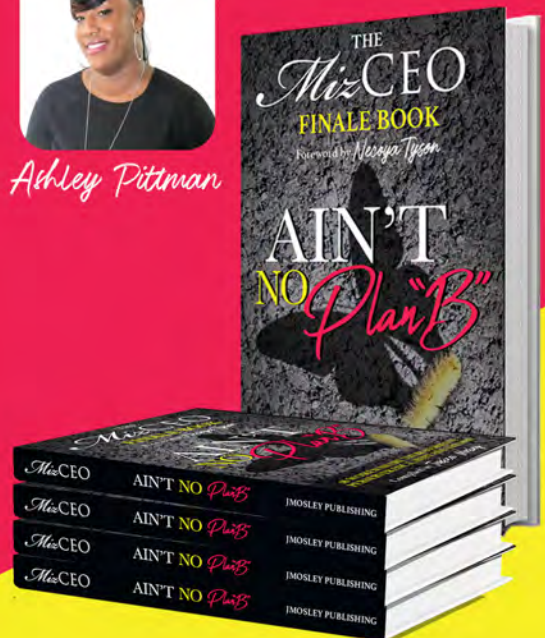


*Sonja Elise Freeman*



*Janell Jones*

**17** WOMEN SHARE THEIR STORIES OF  
 PERSERVERANCE, HOPE AND TRIUMPH IN BUSINESS





# Micheale ECCLESTON

## Driven By Imperfection

**Please tell us about your brand.**

I never believed in just doing one thing in life or feeling that you could only succeed at thing, so for that reason I have found that my purpose and passion coincide with each other. I have turned into a business woman that caters to women in different areas of their life. I am a Best Selling Author, Fashion Designer, Speaker, Stylist, and Fashion Editor. I have a brand called So Chic So You, which is a clothing brand for everyday women who want to look stylish, chic, and sexy and sophisticated all at one time. I also have another clothing brand launching this year called ME The Brand that is an exclusive designer brand for women inspired by my Jamaican background bringing the colors, excitement, flare and uniqueness into my designs. With making sure that women look good on the outside, I felt compelled to help women realize their inner beauty as well. That is where my passion meets my purpose, through speaking engagements across the world, to my book "Driven By Imperfection: Beautiful Flaws and All," and my Styling Services that I offer through So Chic So You. My ultimate purpose is making sure that women not only look good on the outside, but that they feel beautiful on the inside as well.

**What are you currently working on?**

I just launched my book "Driven By Imperfections: Beautiful Flaws and All," where I have already become an International Best Selling Author. In that book I share my truth where I open up and be vulnerable about my insecurities through my daddy issues, with men that I dated in the past, and with becoming a mom after having 2 C-sections and how I had to learned to adjust to my body image being changed forever. I am usually a very private person, but I wanted to give birth to this book to make other women who have ever suffered with those same insecurities know that their not alone, and to also show them a way to heal from their pain through my story.


I am also super excited to also announce that my exclusive fashion line ME The Brand will finally be launching this year! I have already showcased a sneak peek to the world through a Fashion Show I did in Cleveland, Ohio where I received great reviews. I am super excited about this line, because not only will my line be sold on my website me-thebrand.com, but my designs will also be exclusively sold in major stores. My passion for fashion is something that has been close to my heart since the age of 16 and I feel so blessed to show the world what I truly have to offer!



**What caused you to want to help women succeed like you do?**

Realizing that there is room for everyone to win. I think if more people realized that we would try to help more people along the way. Some of us have been trained to have this “crabs in a barrel” mentality and that really does not benefit anybody. When I see other women around me winning, it does not put me down or make me feel less than, it encourages me and inspires me to want to continue to do better. The more good we do around the world as well, the more it will come back to you. It is a win win situation. And honestly in my field of expertise, when I see women around me feeling good about themselves, it warms my heart because I feel like I have done my job...that I have made an impact in that person’s life. At the end of the day, that should be the ultimate goal.

**What can people expect from you in 2020?**

hen I see women around me feeling good about themselves, it warms my heart because I feel like I have done my job...that I have made an impact in that person’s life. At the end of the day, that should be the ultimate goal. *- Micheale*

I am always looking for new ways and better ways to improve myself. I feel like it is always good to set new goals and expectations for yourself in becoming a better version of yourself. I am super proud of what I have accomplished thus far, but people can definitely expect to see me more of me making an impact, and doing bigger and better things in my life, and building a legacy that God and my family can be proud of!

**What is your definition of collaboration over competition?**

Collaboration over competition means that we are stronger when we are united versus working against each other. There is a phrase that says 1 man can conquer 1,000, but you bring 2 of them together and they can conquer 10,000. You can always do more and succeed more when two heads are together versus one. The last thing that I want to point out is that no one ever got to the top alone. Everybody needs a team eventually in order to really be successful because you cannot do it all on your own, so find some other like minded people who have the same goals and ambitions as you do and conquer the world together!

**What is the one thing that 2019 taught you?**

The one thing that 2019 taught me is to not rely on the strength of family or friends, but to put all of your faith and trust in God. As you get more successful, some people are not going to be able to come with you, some people may let you down, some people may not even fully believe in you or see your vision or full potential, but God put in your head. Trust God and trust the process and trust his plan, not man’s or what it looks like on the outside.

### **ABOUT MICHEALE**

Micheale Eccleston is a Fashion Designer, Speaker, Stylist, Fashion Editor, Author, Wife, and Mother of two, who was born in Kingston Jamaica. Micheale’s purpose is to help women feel good on the outside, while also empowering women to “Own Their Beautiful Flaws and All” from within. Micheale wants to encourage, empower, and mentor women to own their brand of uniqueness while looking fabulous at the same time! Micheale is impacting the lives of women all over the world through her online fashion boutiques, motivational speaking, her book “Driven by Imperfections,” and everyday interactions by sharing her story!

*So Chic So You*  
[www.sochicsoyou.com](http://www.sochicsoyou.com)





*And over all these virtues put on love, which binds them all together in perfect unity.*

- Colossians 3:14

EVANGELIST, DR.  
**NEPHETINA**  
*Serrano*

Relationship Expert, Marriage  
Counselor, Marketplace Minister,  
Entrepreneurial Mogul, Author & Mentor

**Please tell us about your brand.** My husband, Minister, Dr. Richard Serrano and I have been called to restore the family, one marriage at a time. Through biblical principles encourage, uplift and inspire married couples who are leaders in entrepreneurship and ministry. As a result, by working together in corporate, entrepreneurship and ministry collectively for over 30 years, we embody our brand, The Marriage CEOs. We focus on the relationships as a whole and the family. Marriage is the foundation of the family. We are as a midwife to couples, journeying alongside them providing support, tools and strategies to win in their marriage. Our focus is on restoring marriages through counseling, coaching, mentoring. Providing a place of refuge for a married couple or family in crisis in our soon to come oasis. A 72 hour overnight stay facility for a couple or family to find rest and support under one roof. Equipping couples and marriages with what they need to have good success in their relationship and the hope that their marriage covenant can last forever as God intended.



**What are you currently working on?** This is will be a year of release! Currently, we have a television show called Your Marriage Matters airing January 25, 2020 on The Dominion Network TV at 10:30 am on Saturdays. We will also be launching our Power of Two National Inspirational & Empowerment Tour, touring in major US cities and Internationally. This tour is not limited to just married couples, but to engaged, actively dating couples, as well as those who are single and learning, educating themselves on healthy relationships. Finally, we are launching The Marriage Corporation: Corporate Strategies for Fulfilling God's Purpose in a Covenant Marriage Book Tour based on the book of the same name, co-authored by Dr. Richard and myself. The Marriage Corporation seeks to give guidance on the establishment of a coherent family structure, highlighting the organizational needs of a covenant marriage from a biblical foundation.

In addition, I am a publisher of Marriage CEO Magazine (Real Couples, Real Issues, Real Talk) for the Entrepreneurial couple which is a publication tailored to meet the relationship needs of married couples, especially those in leadership positions in the community, business and ministry. The publication will focus on the real issues that matter most to couples and their families, while also providing a learning platform for singles preparing to embark on their own marital journeys. Highlighting essential needs that enhance the quality of life in marriage and relationships; faith, fashion, finance, health & wellness, intimacy and more.

Finally, my husband and I have a nonprofit 24-hour network of support systems, organizations and churches all geared to be a resource for marriages in their time of need called Covenant Rescue 911. We have launched a campaign for 2020 to purchase or build a property which will house a couple or family in crisis for up to 72-hour overnight stay. This will be started with a community day event at Raymour and Flanigan "Unity in the Community Day" with Covenant Rescue 911 501c3 taking place in Philadelphia, Pennsylvania 2020.



*Mentorship* is very important to me and is a central point of my mission to encourage and inspire women to believe in themselves and begin to L.I.V. (Live In Victory) again.

**What caused you to want to help women succeed like you do?** Mentorship is very important to me and is a central point of my mission to encourage and inspire women to believe in themselves and begin to L.I.V. (Live In Victory) again. We as women are natural carriers therefore we often times take on others burdens. Now is the time we focus on ourselves, self-care and love. I have always been blessed with an embedded self-confidence, knowing that there was more to me and my life than what others may have expected or projected. I want women

to know that they matter, are precious, have a purpose and are chosen by God with an expected end of life and hope. The Bible tells us that we are to be lights set upon a hill, meant to shine for His glory.

### **What can people expect from you in 2020?**

2020 is a year that I alongside my husband will walk in the fullness of our purpose, inspiring others to do the same. It is a year of release, where purpose meets preparation! Finally, it is a year where my soul, spirit and health prosper and flourish in self-love. This is my year to receive the more than enough my heavenly Father promised!

### **What is your definition of collaboration over competition?**

Unhealthy competition draws lines of division, while collaboration draws on the strengths of a team, rather than its weaknesses. The Bible tells us that a house divided

upon itself cannot stand (Mark 3:25). The Bible asks, "How can two walk together unless they are agreed?" (Amos 3:3) Collaboration builds character and purpose based on a greater whole, making the unit stronger. Essentially, we are better together.

### **What is the one thing that 2019 taught you?**

2019 taught me about sustainability, the ability to grow, be consistent and continual in my progress and momentum. I have honed skills to allow me to stay relevant, live in the present, and be innovative. I have learned to live outside the box and allow myself to go beyond what I even thought I could do. I have learned to unapologetically maintain who I am in the face of adversity, and in the face of other great people. I have faced myself, being true to who I am and constant in what God has given me to do. This

has truly been a year where I have been honored with many crowns for my contributions to and accomplishments within the marketplace, ministry and society. It has ultimately been a year when destiny was birthed, and will continue to grow in 2020 and beyond.

**Learn more about The Marriage CEO, Dr. Nphetina Serrano at:**

**Marriageceos360.com**  
**Facebook.com/**  
**covenantmarriagesinc**

**The Covenant Rescue**  
**911 24-hour hotline for**  
**couples and families in**  
**crisis:**  
**(855)737-2911**

**For bookings and speaking**  
**engagements: please email**  
**covenantmarriagesinc@**  
**gmail.com**

**Facebook.com/**  
**covenantmarriagesinc**

## **Evangelist, Dr. Nphetina L. Serrano**

### *The Marriage CEO*



Dr. Nphetina Serrano is a national speaker, ambitious, committed trailblazer. She is making a difference in the lives of couples and women around the world. Co-Founder of Covenant Marriages, Inc., Covenant Rescue 911 a 24 hour hotline for couples and families in crisis and Covenant Marriages Institute. Co-Author of the Book, "The Marriage Corporation" and Publisher of Marriage CEO Magazine "Real Couples/ Real Issues/ Real Talk". Married to the love of her life and best friend, Dr. Richard Serrano for over 30 years with one daughter Brande Dora Serrano. She is a Certified Counselor and member of N.B.C.A., Certified Life Coach, Inspirational Empowerment Speaker, Author, Mentor and Mogul. Dr. Serrano along with her husband have an outside the four walls ministry, helping couples in transitional phases within their marriage while also providing a learning platform for singles preparing to embark on their own marital journey. She is the recipient of the Game Changers Award 2019 as a Trailblazer, Women of Inspiration Award - ACHI Magazine 2019, Women of Wealth - Publishers Golden Eagle, Citation City Counsel of Philadelphia Echoes of Africa Community Service Award and others.

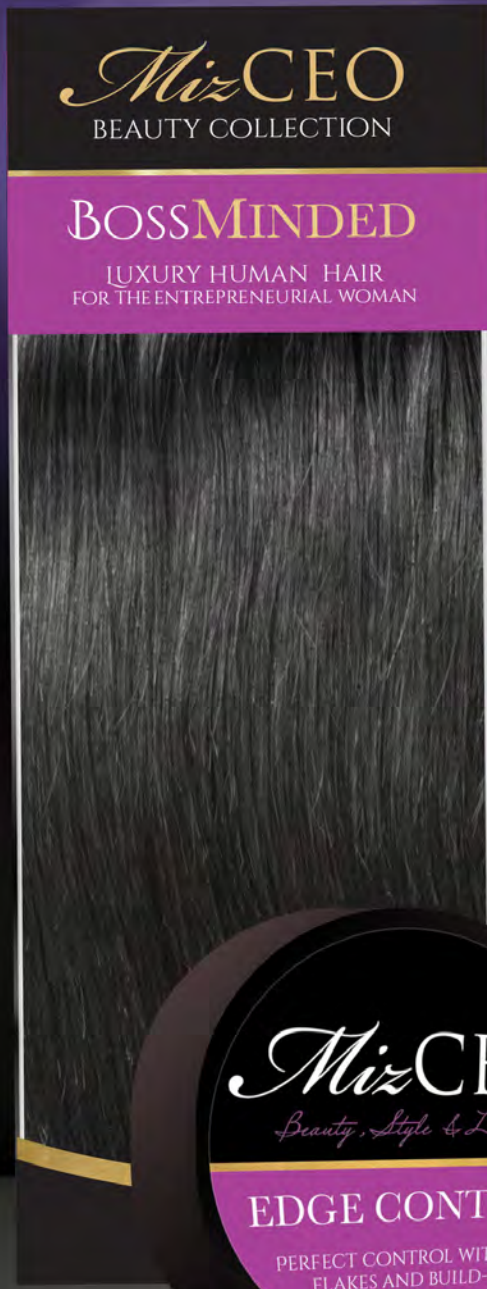
**Social media contact:**  
**MarriageCEOs360.com**

Introducing the

# MizCEO

BEAUTY COLLECTION

*designed for the* **ENTREPRENEURIAL WOMAN**



A collection that celebrates  
beauty, style and luxury  
designed by MizCEO

*Jessica Mosley*



LUXURY HUMAN HAIR • EDGE CONTROL • LUXURY MINK LASHES • LIPSTICK





# Lift As You Climb

Written by Dr. Leslie Hodge

*It's so refreshing to find a woman who is determined to change the narrative, redefine the expectation and practice what she preaches.*

In a world where people think women helping women is the exception, it's time they think again. In a world where people think sharing information and knowledge will stunt their growth and progression, it's time to pull out a new measuring stick. While the world teaches you that everyone is your competition, this woman teaches you to communicate and collaborate. While the world teaches you to only receive, this woman teaches you to give. When the world tries to overtake you, this woman teaches you to use your faith to overcome. **Who is this woman?** It's none other than **Lady Lawan Ferguson**.

As an Associate Pastor, Deaconess, Trustee Prayer Warrior and Leader of the Women's Ministry, First Lady Lawan can be found wearing more

than a church hat. She's a loving wife, a mother, a Contracts Specialist for the Federal Government for the past 28 years, has earned an Associate's Degree in Business Management, a Bachelor's Degree in Religion, a Master's Degree in Acquisitions and Procurement and a Master's Certificate in Government Contracts. Even with her commitment to higher learning, Lady Lawan understands her calling - to empower and nurture women to grow personally and professionally.

Not a stranger to overcoming odds and obstacles, a native of Washington DC, Lady Lawan grew up seeing women struggle to raise their children, battle addictions and live day to day off the welfare system. Committed to creating a solution, Lady Lawan founded Sisters Aiding IN Transforming Sisters (S.A.IN.T.S.). Sisters Aiding IN Transforming Sisters (S.A.IN.T.S.) is a Women's Ministry that focuses on cultivating, redesigning, transforming, and empowering women individually and spiritually. When a woman knows who she is and believes who she is, she can do anything. And, with S.A.IN.T.S., she doesn't have to do it alone.

Creating a nurturing environment

*“Trust God’s timing, His plan is always better.”*



where standing in the gap for one another through encouragement, prayer and support, has enabled women from all walks of life to shift from doubters to doers, overwhelmed to overcomers, and being another statistic to becoming a success stories.

Lady Lawan’s latest accomplishment is the release of her new book entitled *Overcoming Adversity, Pushing Past the Pain*. As the visionary author, Lady Lawan along with her co-authors share their powerful testimonies to be a source of encouragement for others, when they too face difficult and trying times.

It’s a new year and new decade and the S.A.IN.T.S. Women’s Ministry is not

slowing down anytime soon. With conferences and workshop trainings scheduled to encourage, strengthen and educate women to elevate in their God inspired callings, Lady Lawan has her passport ready. The global impact of S.A.IN.T.S. will continue to be felt during the couples missions trips to Greece in 2020 and to Sydney Australia in 2021.

Lady Lawan continues to be a Change Agent and Servant Leader. She understands it does not matter how many degrees you earn, money you make, or what you consider to be successful, if you don’t help someone else along the way. Climbing the ladder of success is great, only if you lift as you climb.



Stay Connected to Lady Lawan Ferguson:  
To volunteer or serve with the  
community of S.A.IN.T.S.:

Email: Ladylawanferguson@gmail.com

Email: SAINTS5201@gmail.com

Facebook: Lawan Floccbc Ferguson

Instagram: Iamladyferguson



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### About the Author

Dr. Leslie Hodge is a pharmacist, author, certified coach, speaker entrepreneur and personal stylist. Founder and operator of Scripts & Beyond, LLC - a medication review and consulting company and Reflections Coaching & Consulting, LLC, Dr.Hodge uses her passion to help people manage their health, medications and live a well-balanced life. Connect with Dr. Hodge on Facebook and Instagram @drlesliehodge or visit [www.drlesliehodge.com](http://www.drlesliehodge.com).

# OPHELIA

*Fighter,  
Believer &  
Advocate  
for Mental  
Health*



**Who is Dr. Meagan Tamara Copelin?**

Meagan is an author, empowerment speaker, blogger, podcaster, and mental health counselor. Meagan's passion is to become a trailblazing voice for young girls and women worldwide. Drawing on her own experiences of abuse, rejection, and abandonment, Meagan uses her words to encourage others to build a home within themselves; to love, live, and create fearlessly.

**Dr. Copelin, why are you so passionate about being a voice for young girls and women worldwide?**

I was first diagnosed with a mental illness at the age of 12, battling depression, anxiety, and several other illnesses. Through my work with my organization, Mental Rich, I am a voice for young girls and women suffering from depression, anxiety, or any other disorders, due to abuse, abandonment and rejection. I act as a support system and advocate a message of hope, encouragement and support. I have always been passionate about helping others since I was a young girl. I am a natural caregiver and am looking to make a difference. Growing up, I didn't have a mentor and I want to be that support system for young girls and women.

**Dr. Copelin, you are the founder of Mental Rich. Please tell readers more about your mental health movement?**

Mental Rich, is a mental health movement dedicated to helping women of color who suffer from mental illnesses, stemming from abuse, abandonment and rejection. Mental health is a topic of conversation currently in the community but there are other issues that need to be addressed. I use my platform to bring awareness to things and issues many don't see, know or unable to speak about.

**Please tell readers more about your experiences of mental illness due to abuse, rejection and abandonment?**

Speaking from experience, I grew up in a culture that tells us "we are to be strong," that we "should deal with problems on our own." This only

enforces the idea that it is not okay for us to say we are hurting inside. I have spoke to countless friends who say "you don't suffer from mental health illnesses and you should pray." I do pray, daily; however, I also need to be realistic and understand that I do suffer from mental health illnesses and I do need to seek additional help, such as counseling. Just a few years ago, I took 70 pills and was sent to an inpatient mental health facility for 6 days.

**How are you using your mental health experiences to help others who are suffering?**

I act as a support system and advocate a message of hope, encouragement and support. Education is key and I plan to take my message to Congress later in 2020 to lend my voice to mental health awareness.

**What are you currently working on?**

I am currently working on several wellness retreats and seminars, in addition to several other programs/products that lend a voice to the stigma of mental health among young girls and women.

**What can people expect from you in 2020?**

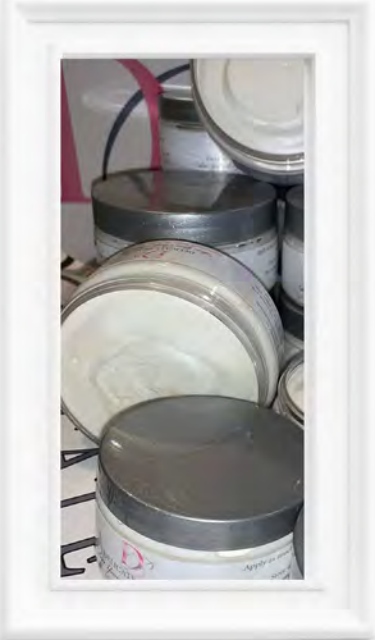
I have so much planned for 2020. I am working on Mental Rich and will be launching several products and services. I also will be speaking throughout 2020, advocating for mental health.

**What is one thing 2019 taught you?**

One thing that 2019 taught me was to set boundaries with people. Boundaries are essential to healthy relationships and, really, a healthy life.

**Please tell readers how to support and connect with you on all social media platforms?****Mental Rich**

Facebook, Twitter and Instagram  
info@mentalrich.com  
www.mentalrich.com



# Dewaynia Howard

## On Loving Your Body Naturally!

*We've heard of a mother being able to lift a car with her bare hands to save her child. The strength and power needed to do that comes from a place that only a mother can explain when she sees her loved ones in danger or in need. The answer is I don't know how I did it, I just did it. Whatever is needed simply comes. A mother's love is priceless and it's endless. If she can't afford it, if it's not created, she make it. Meet Dewaynia Howard.*

### **You are the owner and creator of Delicate Beauty. How did Delicate Beauty begin?**

I was walking in the mall and passed a woman who smelled nice. I asked her what she was wearing. She shared she was wearing a baby powder scented body butter for her eczema. I thought about my daughter, who has had eczema all her life. The products that she's used were full of steroids that I knew would have a negative impact on her body. I went home and began researching products, the ingredients, and the benefits it has on the body. I noticed the products were made of all-natural ingredients I could easily get. I ordered the ingredients and made my first batch. That batch was an ultimate FAIL. I decided, I couldn't do it, I'd just buy it from someone else and threw it straight in the trash. One day my husband took a shower and was smelling amazing. I asked him what he was wearing, and he said it was the product I made. He said that he took it out of the trash, wore it, and loved it. This made me get back on the grind and try again. I had a total of 7 failed attempts before we finally made a batch that was daughter approved. I started having people test it out and I received rave reviews. That was the beginning of our all-natural body butter journey.

### **What made you keep going after the 7**

**failed attempts?** My daughter loved the product so much, due to no longer having itching or flare ups. I wanted to only make it for the family, but she wanted to share it with her friends with eczema. After receiving the positive feedback, I wondered if this is something we could make for others? My husband suggested that we fast as a family and seek God for direction. During that day, I received multiple confirmations and was surrounded by encouraging phrases, scriptures, and feedback. We decided that we would move forward. We felt that was the direction God was leading us. We experimented multiple times. I felt like I was in a race to get it right. I knew we were following God's lead and failure wasn't an option. We couldn't fail. No matter how uncomfortable or afraid I was, I had to keep going.

### **What would you say to that creator that wants to give up after that third fail or never start because of fear of failure?**

I would tell them to listen to that still small voice that says, yes you can. That voice that says even though you're scared, keep going. Even though it's uncomfortable, keep going. You don't really know what you're doing yet but keep going. I got you. During the fast, it made God's voice clearer than anyone else's even mine.



**Why Delicate Beauty? Where did you get the name?** I wanted natural products that was all about loving yourself and beautifying the body. We talked and prayed over what the name would be. My daughter came up with the Delicate Beauty and after more thought we created the tagline “Love Your Body Naturally”.

**What is next for Delicate Beauty?**

Delicate Beauty products are made with all-natural vegan ingredients that help with eczema, psoriasis, and dry skin. We currently offer body butter in multiple scents and oatmeal honey soap that helps with acne, blemishes, and dry skin. We'll be launching additional products such body scrubs, bath bombs, and a kid's line. This business has become my deep passion. It has given me permission to do better and be better to help more people.

**ABOUT DEWAYNIA HOWARD** is a devoted wife and mother who created a product to bring comfort to her family. The amazing results and passion for the product has yielded a flourishing business called Delicate Beauty. She is focused on creating more products that will continue to help others love their bodies naturally. You can find Dewaynia Howard on FaceBook @DelicateBeauty, Instagram @shopdelicatebeauty, and Website [www.shopdelicatebeauty.com](http://www.shopdelicatebeauty.com). Try it, your skin will thank you!

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*Love Your Body Naturally*

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## ENTREPRENEUR SPOTLIGHT

# Chicago Philanthropist **CANDICE CUNNINGHAM** *is "Living Past Limits"*

Candice Cunningham the founder of the As One We Can Foundation also known as "The Black Ecosystem" has done it again! With exclusive creative control over the creation of a perfume line "Immortal", which pays homage to Henrietta Lacks, Candice Cunningham founder and creator of "The Black Ecosystem", has created a way to once again give back to the youth through this 16 week cohort program.

Candice Cunningham is a talented entrepreneur and dedicated philanthropist from Chicago. Her unique skills and education in business, marketing and graphic design has equipped her with a unique set of perspectives that she is utilizing to work toward "Revitalizing the Struggling African American Communities". As a product of one of these communities - South Side Englewood, Candice has first-hand experience on the disparities and lack of disproportionate opportunities that plague the community. By pooling resources "The Black Ecosystem hopes to solve; poverty, gun violence, limited job opportunities, police violence, flawed educational systems, family issues and mental health problems".

When speaking with Candice and inquiring about her superpower she responded "I never let people down that

love me and trust me. I always show up and pour into them mentally emotionally and financially". So we can expect and anticipate that she will not disappoint with this cohort of students and developing the "Immortal" perfume line.

*"A fragrance is like a signature, so that even after a woman leaves a room her fragrance should reveal she's been there"* ~ Oscar De La Renta.

If you are not familiar with Henrietta Lacks and her well know contribution to the medical field with her "HeLa" cells get in tune. Although, Henrietta is gone from this life her "HeLa", cells live on and demonstrate her "Immortality". We can only expect that the fragrance being developed by this cohort of students, that is paying her homage will remind you that "She's Been Here". Oprah Winfrey starred as Henrietta in the film "The Immortal Life of Henrietta Lacks" and she is thrilled about this project and so are we. You never know what to expect when dealing with concepts that "Live Past Limits".

**For more information on  
this exciting new project:  
[www.blackecosystem.org](http://www.blackecosystem.org)**



## Signature Wife Coach

Deidra Roussaw

“Changing Generations of Families,  
One Marriage at a Time”



**W**hen introduced to Coach Deidra Roussaw and all she does for wives and marriages, I was in awe. From her signature wives coaching and development brand to the events, sessions, and opportunities she and her husband offer. I couldn't help but think of the depth her ministry was going. Generations of families changed by saved marriages. The quality of life enhanced for children whose parents decided to stay together. To neighborhoods positively affected by having healthy flourishing families. I needed to know the back story to a couple whose life purposes are to help save marriages across the world. Knowing God created marriage, I could only imagine what obstacles and challenges they had to endure. I had to know how did this union began and what keeps the couple together, who keeps couples together?

Deidra and Dwight met in 1978 in grammar school. Before you start with the awes as I did, it didn't start here and automatically lead to marriage. Dwight was older than Deidra and she was number 10 of 11 and her brothers weren't having it. This union had to wait. Deidra went on to meet and marry someone else. that would prepare her for the call placed on her life that she would answer many years later. The marriage began with a broken heart from recently losing her brother, and disappointment from a job layoff. If that wasn't enough, she learned of her new husband's mistresses at her wedding. But 7 years later it was her current husband Dwight as a friend who helped her with getting the courage to leave this difficult marriage that never recovered from its tumultuous beginning.

We know Dwight and Deidra reconnected and married years later, no awes just yet. This marriage had its list of difficulties. While others thought their renewal ceremony in Jamaica was a celebration, Deidra had decided that when she returned home, it was over. She experienced some of the same issues from her first marriage. But while in Jamaica, her Pastor gifted them rides on a jet ski. The jet ski cap sized, and they were now in 35 ft of water. It was in these waters that Deirdre heard the Lord say, "I can take you out right now." All power was in his

hands. Not being on one accord, there was no balance, and at that time anything goes. Not being on one accord moving and flowing together led to them experiencing this life changing event. But it wasn't enough.

Back home, Deirdre was set on leaving. After the trip she was still very bitter and left. But Dwight had other plans. He packed up his belongings and left with her. Her plan was to sleep separately, but Dwight wouldn't allow that to happen either. To win his wife back he began to implement the "Love Challenge" from the book Fireproof by Eric Wilson. During this time, they took classes and received certifications in marriage and relationship counseling. This wasn't for others, but it was to save their marriage.

Hearing clearly from God that saving marriages was her purpose, she didn't initially go for it. She felt she was a failure and that doing a marriage ministry didn't make sense. God began to give ideas and made it clear that her assignment would be different. God doesn't call the qualified, but he qualifies the called. Saying yes, led to their first free Marriage Conference. She wanted to create a safe space where you would get transparent truth. So many wives said their marriages were fine later to learn it wasn't. Deirdre took her experiences, education, and the

word of God and has created more than a ministry. She created a world full of education, encouragement, empowerment, and experiences that has changed the lives of wives across this country that has ultimately saved marriages and generations to follow.

As she continues to face challenges in life, her marriage ministry is stronger than ever. By staying in the word and being unmovable in the storm, coming out of the storm, and going into another next storm. Be unmovable and keep God and his word first.

**ABOUT MINISTER DEIDRA**  
Minister Deidra is the founder of TrulyWed Wives®, a wives ministry educating and training wives through wife coaching, retreats & conferences, wives night out, savvy wife tool box, romance conceirge, signaturized slumber parties, WifeStyle Mentoring Program and Private One on One WifePrenuer Leadership Classes for WifeCEO's. Minister Deidra is an author of a book she compiled with over 50 other wives titled "Wives on Fire!" She is a contributing author for Black CEO, and she's participated in numerous other Anthropologies.

Ministers Dwight and Deidra Roussaw are founders of TWOgether Marriages,

specializing in Marriage & Leadership Coaching, authors of the Marriage on Fire Book, Marriage on Fire Retreat, Marriage Sailabratons, Weekly Radio Show, Hour of Power Prayer & Bible Study, Certified Sandals WeddingMoon Specialists and more.

## CONNECT WITH MINISTER DEIDRA

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Instagram  
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Twitter

## UPCOMING EVENTS & SERVICES

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WifeCEO Coaching

WifePrenuer Vision Casting  
& Teleconference Wives

Wives on Fire Retreat with seminars  
& slumber party

Marriage on Fire Radio Show

Marriage on Fire Facebook Lives

Marriage on Fire Retreat

Our Motto is:  
No Wife Left Behind



WHEN YOUR WIFE BECOMES YOUR  
BEST FRIEND

KNOW THAT YOU'RE BLESSED





HOME HEALTH CARE SERVICES

INDIANAPOLIS, IN