



Inflamed sisters thrive together ALWAYS!



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Nurse Loves Essentials



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Nurse
Loves
Essentials



A SAFE SPACE CREATED FOR WOMEN WHO DESIRE TO GROW THRIVING BUSINESSES AS THEY BALANCE THEIR OVERALL WELLNESS

LAKELAND VENUE

Sponsors



Personally & Professionally



Schedule of Events

2023

Boss Brunch & Network

- 10:00 Brunch Welcome
- 10:30 Being a BOSS: Confidence in Business, Confidence in Life
- 10:45 Effective Time Management
- 11:00 Finance Panel
- 11:15 Scavenger Hunt
- 11:30 How to accept help and hire a VA in your business - Nirlande Singleton
- 11:45 Pertrice Perry
- 12:00 SEO |The Fuel to Your Business - Geneva Bell
- 12:15 Managing Being a Super - Stephanie Burke
- 12:30 How Mindfulness Practice Can Increase Your Success
- 12:45 The C.R.O.W.N We Wear as Entrepreneurs
- 1:00 Effective Records Management for Small Businesses
- 1:15 Stop Hiding and Start Thriving with Consistency
- 1:30 Brunch Closing

Ekeyah Wallace



"Ekeyah Wallace is the CEO of Wallace, Johnson & Thomas Investments dedicated to helping others reach success as entrepreneur. Specializing in empowering first-time entrepreneurs identify business needs and prepare for the joy of long-term success. Ekeyah has been in the corporate and health communities for over 20 years, the health/life insurance industry for over 7 years. Graduating with her degree in International Business, Ekeyah is passionate about encouraging others with

the knowledge that she acquired. During college Ekeyah discovered individuals that had unbelievable ideas but lacked understanding of business execution to bring those ideas to fruition. Teaching others how to be a BOSS became the focus. Attaining her Project Management certifications, (PMP, SCRUM, ITIL) and Insurance certifications opened new doors. As a qualified Project Manager, she worked for one of the country's major Fortune 500 clinical laboratories while continuing to build her business. After Ekeyah and her immediate family were diagnosed with rare auto immune and terminal illnesses, life pivoted. The importance of health and life insurance became a common topic when educating others on how to become successful entrepreneurs. Service to others became the mission; sitting on the board of trustees for colleges, creating/leading several projects to enhance the quality of life for employees and assisting entrepreneurs in beginning their journey has allowed Ekeyah to impact her community. These actions led to opportunities to provide one on one consultations and encourage others through speaking events. Inspiring others to introduce their gift to the world is the goal of entrepreneurship. Ekeyah has found joy in encouraging others to reach this goal while finding efficient resolutions to motivate their progress and empowering others to lead.

Bethany Devola



Bethany's love for computers started at a young age and she quickly developed a passion for programming and web design. She pursued her interest in information technology by enrolling at the University of Phoenix and specializing in computer hardware. Throughout her career, Bethany has worked in various sectors, including legal, financial, and tech.

During the pandemic, Bethany decided to focus more on helping organizations and development teams by providing workshops, organizational plans, and team mentoring to implement the Scrum framework successfully. This led to the creation of Scrum As You Are, a digital transformation agency that provides small businesses with a one-stop-shop for everything they need to exist online, including social media, technical project management, copywriting services, web development and design, and software solutions.

Bethany's goal is to help reduce customer and employee frustration with products and services by building better teams that focus on self-organization to produce better outcomes. With her passion for technology and her dedication to improving team productivity, Bethany continues to make a positive impact in the tech industry.

Linnea Blizzard



Linnea. Blizzard is a New York native born from Caribbean roots. She is a dedicated wife, mother and friend. She comes from humble beginnings. Linnea knew at a young age that she wanted to be a catalyst for change. Her fiery spirit and tenacity as a young child catapulted her into her successful career in healthcare, where she served selflessly for over 30 years. After her years of civil service, Linnea decided it was time for

Her to pivot. She began to further educate herself about financial freedom changing her circumstances and allowing her to provide a solid foundation for others to follow. Linnea Blizzard is an Amazon #1 International Bestselling Author of the anthology *"Empowering You: It's Your Time"* and the CEO of Blizzard Financial Services. Blizzard Financial Services opened its doors to serve in 2020 and has been empowering people of color to take the steps to secure their future and financial freedom through education and asset management for over 20 years.

Areas of Specialty: Financial Needs Analysis & Financial Planning, Tax Preparation, Debt Consolidation, Life Insurance, Home Security & Protection, Annuities, Investments.

Natashia Williams



Ms. Natashia L. Williams is the CEO and founder of Ntegrity Financial Group. She has a passion for empowering Women and Youth by strengthening their financial knowledge through financial literacy training, advising, and consulting for generational wealth. Ms. Williams also provides year-round support and specializes in personal, small & medium business financial management while providing education

and organization to ensure that all of our clients reach their financial goals. CEO Williams is a qualified financial guru with over 20 years of experience in the Financial Services business. She is driven by her desire to see every client reach the goal of financial literacy, which leads to financial freedom. As an industry expert, she has invested time, energy, discipline, and passion into her acknowledged purpose, which is providing education and industry expertise to the socioeconomically disadvantaged, geographically isolated and the educationally disenfranchised. In addition to her 20 years of experience, Ms. Williams also has a remarkable educational and leadership background.

CEO Williams has a Bachelor's Degree in Accounting from University of Maryland Global Campus (UMGC), a Master of Business Administration (MBA) from University of Phoenix, and is currently pursuing a M.Ed. in Curriculum Writing and Instructions at the University of Phoenix. She also has a Foundations of Leadership Certificate from The National Society of Leadership and Success (NSLS) and is currently pursuing an Executive Leadership Certification from The National Society of Leadership and Success (NSLS). She was selected as a member of the NASAQ Entrepreneurial Center and NATP (National Association of Tax Professionals) community.

Nirlande Singleton



Nirlande Singleton is the founder of The VA Toolbox and the creator and curator of the Virtual Assistants Brunch Club, (also known as VAB) is an exclusive membership based social club. Her mission is to empower virtual assistants with the resources (which can also be people) and support that they need to thrive and become leaders in their industry.

Nirlande loves to connect and collaborate with women in business groups to build virtual-centered spaces that revolve around career advice, recruiting, mentorship and networking in order to comprehensively affect change in the VA industry. She has helped over 100 women turn their ideas into profitable services and digital products, mastering their marketing and launching their website with ease. She built her business from the ground up, worked with my dream clients doing work I loved and was fully booked out – and I did it during my toddler’s nap time.

She also plays matchmaker, connecting boss babes with the right virtual assistant or freelancer that can help them manage, grow and scale their business so they can work LESS and be happy (making money).

PERSONAL IG: @nirlandesingleton

BIZ IG: @thevatoolbox

COMMUNITY IG: @virtualassistantsbrunch

Pertrice Perry



Pertrice Perry-McCrae is a wife, mother, and grandmother. Originally from Miami, Florida where she grew up a baby girl of six. Pertrice, even as a young child, had the propensity to be a great listener. She has always been “bossy” by giving her advice when unwanted. When she became a teenager, she realized that she wasn’t giving unsolicited advice, but she was

being helpful. She was always the fixer for her friends and family. She has been a certified Life Coach for seven years. She is also certified in Cognitive Behavior Therapy and offers her services to teen girls, young adults or women looking to be empowered. Her desire to help other people succeed in their lives has been the key to her success in her life.

Angelica Ingram

How Mindfulness Practice Can Increase Your Success

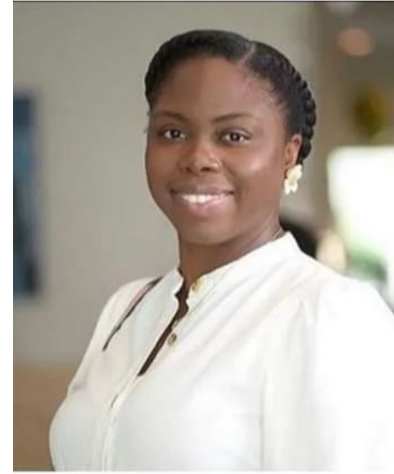


Angelica Ingram is a Holistic Health Practitioner, Mindfulness Coach, and author from San Diego, CA. She is also a volunteer with the Myositis Support and Understanding organization where she moderates clubhouse sessions and advocates for myositis, a rare autoimmune disease that has affected her own life for the last 20 years. Angelica has recently released her first book, a collaboration of women authors around

the world, titled "Women Thrive, Inspiring True Stories of Women Overcoming Adversity". In this book she shares her story through trauma, disease and how she thrived with the power of mindfulness practice. She loves to travel with her husband, read and write inspiring stories, spend time with family and friends, and is a big dog lover!

Stephanie Burke

Managing Being a Super



Stephanie Burke is a certified Life and Accountability Coach with a focus on personal success! She helps First Generation Change Makers unlock keys to success by finding clarity on who they are and showing up in the world with authority. She is a First Generation graduate of the University of Florida with a Bachelor's degree in Family, Youth and Community Sciences and obtained a Master's in Education from Liberty University

As a First-Generation College Graduate, Business Owner and Wealth Builder, I understand the struggles of not having the answers on how to navigate life and I know how hard it can be to ask for help. As a result, this business, Power of Potential Coaching, was born.

Stephanie is a speaker, does 1 on 1 and group coaching and she has created a number of tools for accountability including planners and workbooks. Her life's mission is to make sure that First Geners everywhere find a place where they belong!

Some notable platforms include:

- Keynote Speaker for Lake Sumter College Program Induction
- Coach for Upward Bound Students
- Contractor with Wounded Warriors Project
- Speaker for Orlando Neighborhood Improvement Corporation
- Speaker on various Podcasts and Summits

Andi Byers

CHRONIC & ICONIC COACHING

Effective Records Management for Small Businesses



Andi Byers is the Founder and CEO of Chronic & Iconic Coaching and ICONIC Business Solutions. She is a Registered Nurse, Holistic Nutritionist, an Air Force veteran with over 22 years of records management and continuous process improvement (CPI) experience. While on active duty she coordinated multiple processes and was responsible for the maintenance and structure of the AF records life cycle, ensuring a high level of performance and making improvements

to existing processes. Serving as a Process Improvement Manager Andi was responsible for maintaining efficiency in the workers and overall quality in the workplace with a sole focus on overseeing existing business practices and improving them to boost productivity, improve customer satisfaction, reduce operation cost, and maximize company resources. As an autoimmune warrior herself, Andi knows firsthand that the one-size fits all approach is ineffective thus taking a customized and holistic approach to ensure quality services and strategic growth in health, life & business without overwhelm and burnout for her clients.

Chronic & Iconic Coaching was founded in 2006 during Andi's diagnosis journey. She began to help women navigate diagnosis' while implementing holistic practices to improve their quality of life. Utilizing the skills she acquired from her 22 year USAF career, she applies over 22 years of Knowledge Management experience with a heavy focus on process improvement, project management and records management services to help small businesses advance strategic growth and manage business processes with ease without stress, overwhelm or burnout.

Qualifications: BSN, MS Nutrition, Master Trainer, Holistic Nutrition, Sports Nutrition, Corrective Exercise Specialist, Exercise Therapy. Youth Fitness Transformation Specialist, Six Sigma Black structure of the AF records life cycle, ensuring a high level of performance and making improvements to existing processes. Belt, Project Management, CompTia A+, Net+, Security+, Microsoft Solutions, DoD Records Management.



NURSE LOVES ESSENTIALS

Catina Morrison

Stop Hiding & Start Thriving with Consistency

Catina Morrison, the Founder and CEO of Nurse Loves Essentials LLC, a registered nurse, Chronic Illness Coach, and host of the Inflamed Sisters Thriving Podcast. She is also the host of the health, wellness and networking events, Inflamed Sisters Thriving Summit & Gala and Boss Brunch & Network. Catina helps women living with chronic illnesses to stop hiding and

start thriving in health, career & business. Her own chronic illness journey combined with decades of experience in health care and being a registered nurse (RN,BSN) fueled her mission to create an environment where women can achieve their goals and reach their fullest potential without sacrificing their health. With proven mindset, self-advocacy and business strategies, she helps women to do what they are passionate about, advocate for themselves and provide them the tools to remain consistent while maintaining their health without burnout or flare-ups. As a Community Architect, Catina also helps businesses that serve the chronic illness community connect with their ideal customer and partner, as well as grow and market their businesses effectively on social media.

The Chronic Illness Health & Business Support Network provides professional services and coaching to companies and their chronically ill employees to address the whole person allowing them to continue their career or business and improve their overall health, well-being, self-advocacy and work-life balance. Catina provides equality, diversity, and inclusion (EDI) training and participate in speaking engagements to raise awareness to this topic for the chronic illness community. The Chronic Illness Health & Business Support network also supplies a network to meet all of your health and business needs with a wide range of services provided to you by qualified professionals including health, fitness and nutrition coaching, project management, business consulting, SEO, web design and more. Her mission is to create a safe space that allows the chronically ill to stop hiding and start thriving in every work environment.

