

Beauty From Ashes
A Women's Celebration



Wear Your Crown

Body, Mind, & Spirit Workshop Presenters

Gayle Smith M.Ed., BCC, – CEO of Essentials For Change

Morning Speaker: The Proof. Afternoon Workshop Topic: The Walk of Faith

Gayle is a veteran administrator, educator, consultant and CEO of Essentials For Change (established in 2002.) Her passion for advocacy groups, community out-reach services and faith-based organizations that support women and families – are her foundational keys as a leader, Christian author, and Board-Certified Christian Life Coach.

Her approach: education, inspiration, and organization to facilitate positive change. Body, mind, and spirit and wellness – assessment goals and objectives, integration strategies are demonstrated throughout Gayle's life (career and service.) Life with God goals is the essence for building competitive businesses, maintaining stronger families, improving relationships, and serving the community.

Dr. Rose – “Dr. Rosalyn Hutchings, Ph.D.” Clinical Psychological Counselor, Mental Health Professional, Licensed Ordained Reverend. Topic: Mental Wellness, Mind and Emotions

Dr. Rose is a woman of faith, contributing to positive change, and facilitating self-care and growth, in these roles: clinical psychologist, neuropsychologist, counselor, mentor, teacher, group facilitator, advocate, consultant, and leader worldwide. God has gifted and anointed her in seeking to change the lives of individuals dealing with life issues, mental illnesses, trauma, learning disabilities, and problematic behaviors. Dr. Rose's practice, "HELP ME SEE ME, LLC" encourages people with: healing prayers, awareness, self-care strategies, skills, and resources. It's all about being you: Your mind deserves balance; your heart deserves peace and your life deserves clarity.

Melinda Damer-Harrell, Licensed Clinical Social Worker and Certified Life Coach.

Topic: The Spirit of a Women

Melinda is a mental health professional providing counseling, evaluation, intervention, and case management services to those experiencing mental, social, familial, or medical difficulty. For more than 20 years, her services factor in the client's psychological, emotional, social, and environmental states. Melinda's methodology is unique in that she has a heart for God's people. She purposes to encourage others to embrace their spiritual selves, as part of resolving life's challenges. Her desire is that mental and emotional health, guided by the spirit, will set the captives free and that their freedom will remain.

Liana Rivers – Certified Holistic Nutrition Specialist, and founder of Wellness Inspiring Spiritual Health (WISH). Topic: 12 Spiritual Principles of Nutritional Eating

Liana Rivers is a Christian-based Holistic Nutrition Specialist and Health Transformation Coach dedicated to helping individuals reclaim their health through faith-based inspired wellness plans. Her transformative approach integrates God's healing principles with nutrition, emphasizing spiritual practices like gratitude, forgiveness, and mindfulness. Through faith-based guidance, Liana empowers women to **restore balance in the body, mind, and spirit**, leading to lasting health and a deeper connection with God's divine design for well-being.

Dr. Jennifer Christophe DNP, FNP-BC – Owner of Christophe NP Family Health
Topic Health and Wellness

Dr. Jen is a Board Certified Doctoral Prepared Family Nurse Practitioner and business owner. For over a decade she has provided alternative services to meet the needs of the community. Her healthcare facility includes Family Medicine (primary care), as well as multi-specialty services, and a Mobile practice, bringing the medical care to where patients are. Dr. Jen reduces barriers faced by many people seeking healthcare. She is a qualified and compassionate provider who cares about her patients' outcomes – always advocating, teaching, and promoting preventative medicine strategies.

Danielle Marshall – “The Style Marshall,” Elevating Your Style from the Inside Out

Danielle is a Celebrity Wardrobe Stylist and Instructor at Fashion Institute of Technology in New York. For over a decade, her collaborations boast of elite clientele and influential personalities. Danielle has a charisma, and gift that accent a keen eye for details – with versatility, and a creative mindset. This genius in connecting fashion to people and personalities, show her passion for women to be their God given originals. *The Style Marshall's* status as a tastemaker, trendsetter, and an influential style icon of her time – has evolved from her Christian roots and service to women.

Sandi Edghill, Executive Work-Life Wellness Coach, Grace & Grit: Self-Care in Crisis

Sandi is a phenomenal woman trailblazer, helping women prioritize well-being without guilt. In breaking the chain of being a go-to person for everyone else – women embrace self-care as a way of life. Coach Sandi is a perfect mix of soft yet firm encouragement, reminding women of the importance of self-compassion and resilience. Her method's help women dig beyond the surface to discover the root of challenges, so that the light of hope, replaces darkness. In her practice, Sandi's Edge LLC, faith, wisdom, and real-world strategies are blended, to encourage the pursuit of peace, purpose, and fulfillment—for all seasons.