

# Black Diamonds

## Phenomenal Woman Edition

You CAN Evolve into a Phenomenal Woman!



A Practical Guide for Black Women who want to Strengthen Their Sisterhood with other Black Women and Become a Phenomenal Woman!



By: Catrice M. Jackson

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# *Dream—Love—Live—Celebrate!*



## **Table of Contents**

Message from Catrice-----	4
Catriceology-----	5
Dream, Love, Live, Celebrate-----	6
Authenticity -----	7
Sisterhood-----	8
Live to Give-----	9
Embrace Your Sisters-----	10
Walk the Walk-----	11
Becoming a Phenomenal Woman-----	12
Reflection-----	13
Inspiration for Your Journey-----	14
Resources-----	15
Get Connected-----	19
Connections and Networking-----	20
A Few Phenomenal Women -----	21
Unity and Sisterhood-----	24

# Black Diamonds

After being on this continent for four centuries, black women are still mis-understood, overlooked and depicted as angry, hypersexual, invisible beings that just exist in America. Many centuries ago we were held in high esteem as we sat high on our thrones as queens to be honored and worshiped. We were seen as beautiful royalty and valued for our wisdom, beauty and power! Today, somehow we have lost those defining characteristics based on society's standards and we must reclaim our Queendom and fulfill our destiny as beautifully black, phenomenal women!

Black Diamonds are beautifully rare and it appears that researchers are still trying to figure out their origin, some say that they have an extraterrestrial origin and they come from meteorites from outer space. Some people say that black diamonds are dull and unattractive while others see the value and beauty in these amazing stones. This sounds similar and fitting to how black women are perceived today, however it is up to us, black women, to polish ourselves into beautiful and valuable people despite what others say. I challenge you to begin to dream, live, love and celebrate yourself and other black women.

Being a phenomenal woman means being self-confident enough to allow other dynamic women to share your space. Being a phenomenal woman means not being threatened by another woman's greatness. Being a phenomenal woman means you are courageous enough to use your internal gifts to craft and live the life you desire while living to give your time and resources to other women.

Dream, live, love and celebrate being beautifully black!

Peace & Prosperity!



Catrice M. Jackson

CEO Catriceology Enterprises: Speaker, Trainer & Life Strategist

**Catrice M. Jackson~~ The People Expert!**

*Helping people change how they engage with the world...*



# Catriceology

Catrice Jackson is the CEO of Catriceology Enterprises and speaks and trains on various topics anchored in Catriceology. Catriceology is a fresh, innovative perspective on people, relationships, leadership, empowerment and inclusivity. Catriceology is anchored in motivational theory, human dynamics, and the psychology of people. Catrice, the humanologist is a speaker, experiential trainer and life strategist who is passionate about empowering people and organizations. Catrice is also available to conduct seminars, facilitate workshops and dialogue sessions and also serve as an expert panelist, Emcee and or Moderator. Catrice is a dynamic speaker and trainer who helps people change how they engage with the world through teaching holistic thinking and intentional behavior. For more information about Catriceology Enterprises or to request Catrice to speak contact:

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Transform Your Life Blog

<http://catriceology.blogspot.com>

Diversity Blog for Women of Color

<http://www.pinkmagazine.com/blog/diversity.html>

Need a Speaker or Trainer?

Speaking and Training Endorsements

<http://www.linkedin.com/in/emergecmj>

Life Coaching with Catrice

[www.coachingwithcatrice.com](http://www.coachingwithcatrice.com)

Nebraska Women Work

[www.nebraskawomenwork.org](http://www.nebraskawomenwork.org)

The People Expert

<http://askcatrice.blogspot.com>

"Catriceology~~~Understanding the psychology of people through holistic thinking~~intentional behavior~~and authentic relationships" Catrice Jackson © 2008.

The only difference between where you are today, and where you'll be a year from today, are the books you read and the people you meet. – Charlie 'Tremendous' Jones

# Dream--Love—Live—Celebrate!



In each of us there is a dream. What do you spend your free time thinking about? If you could snap your fingers and become the person you've always dreamed of, what are you doing, where do you live and how do you feel? Now take dreaming to another level and see yourself clearly doing what your heart desires. Once you have this vision in your head, feel the feelings as you see yourself traveling the world, getting a standing ovation after a fabulous speech or relaxing in your dream home. Visualize the life you want, feel the feelings of success and bliss, release and let it go. Now say to yourself, "I have the power to bring to life everything I visualize." This is called magnetizing. Visualizing your life, claiming it, thinking it, feeling it, believing it, releasing it and letting it go. Really let it go, don't worry or obsess about it. Think about your dream every day, visualize, magnetize change your thoughts to positive ones and see what happens...

Bringing your dream to reality is not your only duty in life. It is your human responsibility to help other people realize and manifest their greatness. I challenge you to shift 80% of your focus on how you can help other people become the best they can be and then sit back and watch the "boomerang effect" fill your life with abundance. A truly phenomenal woman is a woman who's self-confidence is so un-wavering that she is not concerned about someone stealing her light instead she shines brighter because of her ability to act unselfishly. A first step in becoming a phenomenal woman is to become deeply authentic and transparent in your actions...

## Coming Soon...



**Shades** of Empowerment © 2008

A Motivational Speakers Network for African American Women

**Are you authentic? The table below can help you decide.**

<b><u>Authentic</u></b>	<b><u>Inauthentic</u></b>
Defines self by own values	Looks towards others for definition
Pleases self first	Pleases others first
Open and honest	Afraid to express oneself
Feels empowered	Feels helpless
Lives they way they think	Lives according to what others think
Confident in self and ability	Unsure about self and ability
Seeks to be their best	Concerned with impressing others
Takes responsibility	Blames others for mistakes
Expects a good life	Takes what they can get
Sees the good in people	Looks for fault in people
Genuine approach	Superficial interactions with others
Stands up for self	Often feels like a victim
Willing to take risks	Fear of risks or failing
Verbally assertive	Afraid of making people upset
Ability to lead others	Usually follows even when unsure
Concerned about people	Focused on manipulating people
Comfortable around strangers	Unsure of how to act around strangers
Content in being alone	Need to be with others to feel good

When you are authentic you think for yourself, create your own thoughts and behave in a way that is comfortable based on your own personal set of values and beliefs. Authentic people know who they are, what they want, ask for what they need and their inner values match their outward actions and behaviors. Generally speaking, those who are authentic have a caption floating over their head saying "what you see is what you get" or "I not only talk the talk but I walk the walk." Authentic people provide us with a sense of comfort because we tend to be able to count on their genuine nature and consistency in behavior. Authentic people are comfortable in their own skin, usually do not compromise their values and are able to sincerely connect with other people on a level that creates mutual respect and often times attraction. This attraction and ability to magnetize people is called charisma. We all secretly desire to be ourselves, uncut and spontaneous; learning how to be authentic will allow you to draw people unto you and keep them there. Wouldn't it be wonderful to just "be" without hesitation? You can...

# Sisterhood



Love yourself! You've heard it before...charity begins at home or if you don't love yourself how can you love somebody else? Well, they're both true. Think about it. We as women and especially as black women seem to always take care of other people before we take care of ourselves. And at the end of the day we are exhausted and have little to give inward. For some of us our childhoods and relationship history has left us scarred and wounded. Whether you have been hurt or just too busy to take care of your needs; it is ultimately damaging to your spirit. Some of us don't even like the skin we are in. We examine our hair, skin and body shapes and the result is often negative, especially in comparison to what is noted as "beautiful" in our society (light/white skin, thin bodies and long/straight hair). Your skin and body are phenomenally yours and black is beautiful! Do you feel worthy, valued, competent and or beautiful. If you did not say an immediate YES, you may need to re-examine your mental and physical image and how you perceive yourself.

## **6 Important Questions to Ask Yourself:**

1. What does beautiful mean to me?
2. What specifically can I do to love myself better?
3. How do I want others to love me?
4. If I don't know what kind of love I deserve or desire how can I ask for it?
5. If I am comparing myself to what others define as beautiful how is that damaging to my self-image?
6. If I believe that I am not worthy of love, how can I begin to love myself?

Love your sister, when you do you love yourself. For those of us who have "made it" we have not always been in this place. For those of us who are trying to get there, we will. I have encountered many black women and while most have been inviting and accommodating, I have ran into the occasional who are you and you are not worth my time kind of sister. I am sure that I am not alone in this experience, you've met them too I bet. We must resist the temptation to place ourselves above one another. If you have "arrived in life" it is your humanistic duty to help another woman get to where she wants to be. We must resist the temptation of fearing that "she" might steal our thunder and encourage other women to find their voice and if we have to be their mouthpiece we should gladly accept the honor. Love your sisters...Respect them... uplift them...when you do you elevate yourself to a place that is higher than anyplace you could take yourself on your own!

## Live to Give

Live to give. The greatest gift is yourself and your time. We are all busy and life can take us away sometimes. Live to help others know the true meaning of living. Each of us is uniquely designed with special talents and gifts. Have you shared the gift of self with another woman? Live to find pleasure in watching another woman live out her dreams. Live to share in the splendor of observing another black woman find her voice. Live to help another woman evolve into a phenomenal woman. Live to give of yourself...

Celebrate everything that you and other's accomplish. The best way to receive is to give. In my pursuit of finding a mentor I had several conversations with other black women trying to find out if they would be a good mentor and or if they had the time. While most expressed initial interest in helping me move towards my passion and purpose, many became conveniently unavailable when I needed them. I even suspect that some couldn't find it in themselves to help a sister out for possible fear that I may steal something they had or reach my goal before they met theirs. Sad but true. I didn't let that stop me and through my determination, I have found a wonderful woman (mentor) who has been instrumental in my life and I cannot thank her enough. The only thing she asks of me is to believe in myself, my ability and not to let anything stand in the way of living my dream. I share this because many times we as black women fail to support each other as we should. We let fear, jealousy and arrogance get in the way of giving back.

I am currently mentoring three women and you wouldn't believe the joy and satisfaction I get from watching them evolve into phenomenal women! Stop fearing that you will lose, make time to give back, if you are as good as you think you are don't worry about someone stealing your niche.

### **Take the living to give challenge.**

1. Make a connection with one black woman who you see has great potential.
2. Make a connection with one black woman who see as potential competition.
3. Make a connection with one black woman who is younger than you.
4. Make a connection with one black woman who is older and wiser than you.
5. Make a connection with one black woman who you perceive to be powerful.
6. Offer a service or favor to a black woman who is trying to establish her business.
7. Refer one of your sister friends for an event or gig.
8. Pick one black woman that you will commit to mentoring and do it.
9. Identify one black woman whom you admire and seek to gain valuable advice from her.
10. Create your own sister circle in your community and begin to unite black women.

There is enough work, opportunities, recognition and space for all women! You can't be everything to everybody so discover you unique talents and gifts and share them with the world. Then you must allow another black woman to do the same by creating the space and opportunity for her to shine right next to you...

# Embracing Your Sisters



When you see or meet another black woman who has it going on, is handling her business, or a woman on the move...Don't hate give that woman her props! Many times we as Black women are so busy focusing on how we will get the cheese that we fail to see the beauty and power in other black women. When one of us is empowered and uplifted, we all are? There is enough cheese for all of us and we can be more successful at getting ours if we learn how to help other black women get theirs! Are you guilty of this? Answer these questions to find out...

- Do you only associate with women who can elevate your status?
- Do you disregard women who seek your guidance and advice because you feel they are not at your level?
- Do you associate with women based on the color of their skin, how they wear their hair or how they dress?
- Do you feel like you don't have time for the "common" everyday woman because you got so many letters behind your name?
- **IF YOU ANSWERED YES TO ANY OF THESE QUESTIONS I SUGGEST YOU SELF-REFLECT AND DETERMINE WHY and do something different?**
- Now here's the big question...how many women are you mentoring? If you are not mentoring someone you should be, because we all have something to offer another black woman.
- When you give first you don't have to worry about chasing the cheese...

## A Few Valuable Thoughts:

- If you don't risk everything, you risk even more.
- Dream big—why not?
- If tomorrow never comes have you done everything in life that you wanted to do?
- Letting go of the past—leads to a wonderful future.
- So you've been hurt---is that going to be the driving force of your life?
- If you expect better treatment—you will get treated better.
- Stop talking about it---be about it—do it today!
- Destiny is a choice despite your circumstances.
- If you don't know where you stand within yourself, how can you stand with others?
- What are you waiting for create your reality and your destiny now!
- Shake the haters off, do what you do and do it big!
- A phenomenal woman is phenomenal because she is not intimidated by another phenomenal woman.

# Walk the Walk

## 10 Valuable Thoughts/Actions to Walk the Walk

- Do you know a black woman who could make great contributions to your organization, group or committee? Invite her to the next meeting.
- Find one woman who you can mentor and do it unselfishly.
- If you have offended another black woman find a way to offer resolution.
- Think of at least 5 black women who you admire and tell them why.
- Ask a black woman you know “how can I help you achieve your goals?”
- Share one secret of success with at least 3 black women you know.
- Invite a black woman you casually know or want to get to know to join you for lunch and talk about how you can support each other.
- The next time someone asks you for a referral—refer a black woman.
- If you know a black woman who would be a great mentor refer her to a woman seeking a mentor.
- If you have disregarded, ignored or failed to return a call to a black woman seeking your wisdom---respond to her genuinely today!

**You are only as great as the people around you...surround yourself with dynamic,  
phenomenal black women!**

# Becoming a Phenomenal Woman

Becoming a phenomenal woman requires one to evolve into one's highest self. What is the evolution of self? To evolve means to grow, develop, progress, advance ~~ to transform into a new being. I don't know about you but I hope to become a better person tomorrow than I am today in every way. In order to change your life you need to believe that it is possible and work daily to manifest the life you desire. I too am evolving and will be until the day that my purpose is fulfilled and my destiny is complete. Before you can begin and complete your true evolution of self you must know your purpose. Stop right now and answer these 3 questions:

**What makes me feel alive?**

**What would I do every day of my life if money was NOT a factor?**

**What would I do for free?**

By discovering the answers to these questions you will begin to uncover your purpose in life and what you were uniquely and divinely created to do. This is the first step in the evolution of self. Start today and keep seeking the answers until they are CLEAR!

## **Personal Power Tips: 3 Strategies of Self-Assessment**

\*Find a quiet place with no distractions and take 10 deep breaths.

\*Ask yourself: "Who am I when I am alone, without my degree, my job, my title, my family, my money, and even deeper, who am I when I look in the mirror and do I like what I see?"

\*Repeat this as many times a day or week until it is **CLEAR** who you are?

\*Once you discover your strengths use them or lose them. Once you discover your limitations, develop a plan to turn them into strengths.

**The Evolution of Self...begins with discovering the answers to the following questions:**

- How do I love the skin I am in?
- How do I become my higher self?
- How do I create abundance in my life?
- How do I achieve workplace success?
- How do I get my life in order?
- How do I love me first?
- How do I begin healing from the inside out?
- How can I be authentic every day?
- How can I develop personal power and presence?

# Reflection

A poem by Catrice Jackson

What a phenomenal woman. Her confidence radiates so vibrantly it's blinding.

I am amazed at her grace and style, how can this be? She is not arrogant nor does she appear to be selfish in her acts.

What a welcoming personality. This woman loves who she is and it shows from her smile, demeanor and approach with people.

What a loving spirit!

As I stare into her eyes I see peace and joy, I feel the intensity of her inner strength and the power of her internal voice.

It's so unbelievable I stop and take another look and she looks back at me, with a friendly smile.

Yes, it's true this wonderfully remarkable woman acknowledges me and appreciates my presence.

I smile back at her and with total acceptance I realize that I am standing in front of a mirror looking at myself.

What a beautiful reflection!

What a phenomenal woman!

You don't have to look far to find a phenomenal woman, get up right now and go the nearest mirror, look in it and you will see the most phenomenal woman in the world!

**Everything you need to live the life you desire you already have within you.**

# Inspiration for Your Journey



Life transformation is an intentional series of acts that take your life to another level often revealing the real you with each act. Life will pass you by and you will miss out on many opportunities if you fail to re-invent yourself every day. Here are a few tips to help you peel away layers of the old you for a fresh new you!

1. Stand in front of the mirror and find 5 things you truly like about yourself.
2. Call your best friend and ask them to give you an honest assessment of how you are perceived by others.
3. Focus on strengthening the positive things.
4. Dig out your resume and polish it up. You never know when a great opportunity will just pop up!
5. Browse a thesaurus and discover 3 new words for the word "good" and begin using them in your daily vocabulary.
6. Ask your boss how you can improve your performance and do it.
7. Go a whole day without complaining and see how much more mental energy you have.
8. Get up a half an hour early for a week and just sit and reflect on where your life is and where you want it go.
9. Sit down and write your life's mission statement in 10 words or less and begin living by it.
10. Identify the one person or thing in your life that is holding you back and develop a realistic plan to begin removing it from your life.

You can do something every day to transform your life. You are not who you were yesterday and you will become tomorrow what you think about today. Think your way to transformation, think of yourself as free, happy, prosperous and alive today if that's what you want to become tomorrow.

Live life fully, boldly, fearlessly and do it afraid. Walk in faith taking one step at a time and know that everything you need you already have. Tap into your internal gifts, use them and share them with the world.

Your money will never be right, the time may never come, the plan will not be perfect and the voice your waiting on to give you the green light may never be spoken. Listen to your voice, go in faith and LIVE!

Need help transforming your life---contact me for more strategies on living your best life!  
[www.coachingwithcatrice.com](http://www.coachingwithcatrice.com)

# Resources



## *Public Relations*

**Lush & Luxe PR**----Contact Person: Rhonda Bunton

Website: <http://www.LushandLuxePR.com>

Service/ Product: Lush & Luxe PR is a boutique firm specializing in the beauty and lifestyle industries, and celebrity marketing.

**Renee Mitchell Speaks**----Contact Person: Renee Mitchell

Website [www.reneemitchellspeaks.com](http://www.reneemitchellspeaks.com)

Service / Product: Renee uses storytelling, poetry and her theatrical experience to deliver a rousing performance or speech that will empower, inspire and delightfully entertain.

## *Business Solutions*

**CatchPhrase Copywriting**----Contact Person Karen L. Glover

Website: <http://www.catchphrasecopywriting.com>

Service/ Product: CatchPhrase copywriters build brands one word at a time. We make every word count toward increasing your bottom line.

**Robinson Group Consulting, Inc.**---- Alana Ward Robinson

Website: [www.one-rgc.com](http://www.one-rgc.com)

Service/ Product: Strategic Management Consulting focused on Interim IT Leadership, Organization Change Management and Effective Project Management.

**Sky Sister Studio**----Contact Person: Ninapilar, Concept Designer

Website: <http://skysisterstudio.com>

Service/Product: Sky Sister Studio offers upscale web (including project management, animation and flash sites), print, textile, and wearable art design services.

## *Relaxation*

**Scentimental Scented Candles**----Contact Person: Crystal Franklin

Website: [www.scentimentalscent.com](http://www.scentimentalscent.com)

Service/Product: Hand Poured Triple Scented Candles that last for 35 hours.

## *Professional & Social Networking Groups*

**Women Building and Investing in Success**----Contact Person: Sheila Dixon

Website: <http://www.wbis.biz/>

Service/Product: Business and self-development organization designed to help independent professional women to grow and nurture their business.

## *Event Planning/Marketing/Design*

**Vision Event Designs**----Contact Person: Dayanna L. Robinson

Website: [www.visioneventdesigns.com](http://www.visioneventdesigns.com)

Service/ Product: Vision Event Designs provides innovate, unique and professional event planning services. We specialize in: Corporate Events, Weddings, and Social Occasions.

**Royal T Interiors**----Contact Person: Teresa Perkins

Website: [www.Royaltinteriors.net](http://www.Royaltinteriors.net)

Service/Product: We're experts in creating the "WOW" effect for residential and commercial interiors. Royal T Interiors services clients nationally.

## *Financial Services/Funding*

**Smith Accounting & Associates, LLC**----Contact Person: Debbi Smith

Website: <http://www.smithaccountingservices.com/>

Service/Product: Over 15 years of experience in accounting & bookkeeping services. Our services are accompanied with a client-centered philosophy that focuses on "Quality Individualized Care".

**Enrichment Financial Coaching**---Contact Person: Sonia Sutherland-Cruz MBA/CEO

Website: <http://www.enrichmentfinancial.com>

Service/Product: Our goal is to provide educational tools, guidance and inspiration that empower women to make the best financial decisions possible to reach their identified goals.

### *Organizing/Business Solutions*

**CastAway the Clutter! Professional Organizing Services**----Contact Person: Jacquie Ross

Website: <http://www.castawaythec clutter.com>

Service/Product: CastAway the Clutter! offers residential organizing, organization of household filing systems and Time Management Workshops for your group or office.

**Dugger Consulting & Training Services, LLC**----Contract Person- Joyce Dugger

Website: [www.jduggerconsulting.com](http://www.jduggerconsulting.com)

Service/Product: Dugger Consulting & Training service provides immense experience without an immense price. Serving Not-Profit and For-Profit organizations.

**Nashville Wireless Online**----Contact Person: LaVerne Adekunle

Website: [www.nashvillewirelessonline.com](http://www.nashvillewirelessonline.com)

Service/Product: Cellular services & marketing opportunities. Available nationwide

### *Speaking and Coaching*

**My Success Counts**----Contact Person: Debbie A. Young

Website: [www.mysuccesscounts.com](http://www.mysuccesscounts.com)

Service/Product: Empowerment specialist and public speaking geared to minority women who lack voice in corporate America. Services include speaking

engagements, resume writing and coaching for women of color; helping them know that matter what they do in life their success counts!

**OTR Life Coaching, Inc. (Opportunities That Reveal)---**Contact Person: Arnetta Yardborough, MLA, CPCC

Website: [www.otrlifecoaching.com](http://www.otrlifecoaching.com)

Service/Product: I am a change facilitator! As a professional life coach and owner and facilitator. I work with my clients to grow themselves and assist them in unblocking often self-imposed limitations.

**Equipping Them to Lead, (ETL)---**Contact Person: Milondra Coleman

Website: [www.equippingthemtolead.com](http://www.equippingthemtolead.com)

Service/Product: A leadership development company that is committed to equipping people through, consulting, coaching, workshops, seminars and motivational speaking.

## *Health and Beauty*

**The Look Hair and Makeup----**Contact Person: Carol Morgan

Website: [www.thelookhairandmakeup.com](http://www.thelookhairandmakeup.com)

Service/Product: We provide customers with the highest quality beauty products in the way of premium hair extensions, hair care, and makeup.

**ViVi Cosmetics International---**Contact Person: Valerie Van de Kaa

Website: <http://www.vivicosmetics.com>

Service/Product: Cosmetic company with 15 years of excellent service dedicated to enhancing afro-cosmopolitan skin.

## *Books & Publishing*

**DK Novels & Playwrights----**Contact Person: Diane King

Website: [www.dknovals.com](http://www.dknovals.com)

Service/Product: Publishing company of children's books. Mr. Stranger and the Lost Puppy is the debut book which focuses on children's safety.

*Get Connected*



**International Black Women's Collaborative**---Deena Pierott

<http://ibwc.collectivex.com/main/summary>

**Empower Me! The Empowered Black Woman**---Adrienne Graham

<http://empowerme.collectivex.com/main/summary>

**SisterSpeak Online Magazine**---Lisa Peyton-Caire

<http://sisterspeakonline.com/editor.asp>

**Society of Women Entrepreneurs (SOWE Network)**---Felicia Hamilton

<http://www.sowenetwork.net/>

**Black Women Connect: The Social Network for Professional Black Women**---Cha Jones

<http://blackwomenconnect.com/>

**e-Black Women Network**---Carmin Wharton

<http://www.e-blackwomennetwork.com/>

**Black Diamonds Blog: A place to be heard, validated and supported**---Catrice Jackson

<http://catricesblackdiamonds.blogspot.com>

**Empower Online Magazine: African American News, Culture & Opinion**--Deshuna Spencer

<http://www.empowernewsmag.com/index.php>

**Mosaic Blue Print: Diversity Recruiting Experts**---Deena Pierott

<http://www.mosaicblueprint.com/>

**Shades of Empowerment: Online Network for African American Female Motivational Speakers**---Catrice Jackson

<http://shadesofempowerment.collectivex.com/main/summary>

# Black Connections/Networking



**Black Public Relations: An extensive African-American newswire service.**

<http://blackpr.com/>

**Black Speakers/Speaking Bureau's**

<http://www.blackspeakers.com/index.html>

**Great Black Speakers**

<http://www.greatblackspeakers.com/index.htm>

**Black Experts**

[http://www.blackexperts.com/black\\_women\\_empowerment\\_speakers.html](http://www.blackexperts.com/black_women_empowerment_speakers.html)

**Black Business Women Online**

<http://sistapreneurs.ning.com/>

**Society of Women Entrepreneurs (SOWE)**

[http://sowenetwork.net/index.php?option=com\\_frontpage&Itemid=1](http://sowenetwork.net/index.php?option=com_frontpage&Itemid=1)

**The Black Social Network**

<http://www.blacksocialconnect.com/>

**Sista Sense**

<http://ilhenry.com/sistasense/>

**Black Web 2.0**

<http://www.blackweb20.com/>

**A Mighty River: The Black Professional Networking Community**

<http://www.amightyriver.com/>

**Black Business Planet—**<http://www.blackbusinessplanet.com/>

# A Few Phenomenal Women

These featured women are remarkable women who are doing work they love and with passion. These generously spirited women are not intimidated by the greatness of other women instead they welcome and embrace other black women who've got it going on!



*"What most people don't know is that their WOW is waiting in the wings. It is my job to help them find the wings."*

**Felicia L. Hamilton**

## How can black women become more accepting and unified in order to make us all phenomenal women?

The first step would be to mend our broken hearts and heal our personal wounds. At that point we can walk into productive relationships with other women with a wholeness that cannot be broken. We must salute one another and support each other's endeavors. We must seek success for each other more than we seek it for ourselves. We must create a circle of protection for each other as opposed to avoiding one another. We must remember that the best parties have more than one person in attendance. Life is too short not to enjoy it together.

Ms. **Felicia Hamilton** is a Master Coach who specializes in empowering the masses and helping her clients turn ideas and desires into results. By the time Felicia was 31 she knew what it was like to be homeless, bankrupt and divorced. But she never stopped. She stopped asking "why" certain things had to happen to her and began to turn that "why" into "wow".

## What makes a woman phenomenal?

Women are phenomenal because we are ALL things to ALL people. There is no denying that we wear many hats on one head. And that, as amazing as it may be, is not why we are phenomenal. We the fact that we do it with style and grace is what makes us phenomenal.

**Why are you a phenomenal woman?** I am a phenomenal woman because I answered the call to be selfless and guide others to their destined greatness. I am phenomenal because I love my sisters and I am in awe of their resiliency and their beauty. Even though I have the world at my fingertips and greatness is my friend, my true success will



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## Teresa Perkins



*Never allow the lack of money to stop you from following your dreams, Just do it !*

**Teresa Perkins  
President & Design Xtraordinaire**

### **Royal T Interiors**

*Teresa worked diligently in all aspects of the furniture business to further enhance her knowledge. While working in furniture retail as a design consultant, she received numerous sales awards and rave reviews from her clients. Teresa, being determined, stepped out on faith and realized she wanted to have her own interior design business, she resigned from her management position and with dedicated study and rigorous testing new opportunities began to come her way.*

### **What makes a woman phenomenal?**

Every woman has her own exceptional qualities, we're are multi-talented we're managing our home, children, careers and our personal goals unselfishly, uncontested, day to day, we are the least paid on the planet, we have no days off yet we move graciously to make "IT" happen, that's phenomenal !

### **Why are you a phenomenal woman?**

Mainly because my spirit is in tack keeping GOD at the forefront of my life, I know that to whom much is given, much is required and my mother didn't raise any cowards ☺

### **How can black women become more accepting and unified in order to make us all phenomenal women?**

First and foremost, we must know what we're worth and get rid of the jealousy, envy and strife. We're all intelligent, beautiful and strong but where I may be confident and strong someone else may have low self esteem and that's where this hater mentality comes from. If we can remember that we can all be and do what we set our minds to do and we can have what we say if we trust GOD, work hard, and stay focused, our community could flourish beyond our wildest dreams.

Teresa is living her dream with inspiration and style she is fulfilling the dreams and needs of her clients with her own interior design company. Teresa has been featured in several magazines to include her most memorable, The Las Vegas Home & Garden magazine, Urban Avenue, Condo Living Las Vegas Style, Las Vegas Business Press, First Lady Magazine, Silk Endress and POWER magazine. Teresa has also appeared on the "Corner for Success" radio show and designed the stage for the infamous Poet & Historian Dr. Maya Angelou lectures in Las Vegas and Seattle. In giving back to the community Teresa created Urban Suites, an industry based association for African American interior designers and trade members to cultivate productive relationships that will allow us to mentor students, share resources and experiences. **Royal T Interiors** <http://www.royaltinteriors.net/>

## Carmin Wharton



### Founder & CEO

**Carmin Wharton** started e-BlackWomenNetwork.com in 2007 after taking a "leap of faith" and leaving her state university position as an Academic Advisor. She knew she was being called to a higher purpose - and that purpose is to motivate and inspire women from all walks of life but particularly those who desire to be entrepreneurs or who are already entrepreneurs but just need some encouragement, motivation and business tools and resources to grow their business. She hasn't looked back since and is delighted that she could fulfill the purpose for which God put her here on earth at this time!

#### What makes a woman phenomenal?

Her ability to decide on a goal, decide what the goal will cost and then be willing to pay the cost.

#### Why are you a phenomenal woman?

Because I have answered God's call to empower, educate, enlighten and motivate other women in the attainment of their goals.

#### How can black women become more accepting and unified in order to make us all phenomenal women?

Realize there is enough of everything for all of us to live abundantly - enough money, enough men, enough ideas, enough clients - enough. When we realize there is enough, we stop competing and when we stop competing, we step in to the divine flow of abundance.



Carmin Wharton is the Founder and CEO of e-BlackWomenNetwork.com, the premiere membership networking community for business women of color. She is also the author of *Lessons Learned: While Looking for Love in All the Wrong Faces*, a gritty and entertaining relationship memoir. Previously Carmin served as a higher education student services professional and has owned several home-based businesses. She earned her Master's Degree in Education from Nova Southeastern University and her Bachelor's Degree in Sociology from the University of South Florida. Carmin Wharton is a native of Tampa, Florida and she still resides there surrounded by loving and supportive family and friends, palm trees and beaches.

The EBWN, for short, is a [global community](http://www.e-BlackWomenNetwork.com) of women just like you - women of color who either desires to start a business or have started a business and need resources, services and networking that will help grow her business. [www.e-BlackWomenNetwork.com](http://www.e-BlackWomenNetwork.com)

## **Unity and Sisterhood...**

Girl.....who does she think she is? (LOL)

You've heard it, thought it and even said a time or two. The real question is who is she to NOT think she is somebody? We all have substance and value however many of us have not discovered what "it" is. We passively sit by and wait on a change to come and sometimes it never does. We must be active and intentional in our daily acts, thoughts and behaviors if we want to become who we desire.

For those of you who have not discovered what your "it" its... now is the time. You can't hate on another woman because she has found her "it" and believes it don't stink! Don't be envious or jealous discover your "it" and flaunt it! Now... once you discover it and your self-esteem explodes that does not give you the right to put other's down, in fact it charges you with the responsibility to help other women get theirs!

Sometimes once we "arrive" we forget where we came from and the skeletons we still have hiding in the closet. We get so high and mighty that we ignore a sister trying to come up or brush off a sister trying to learn and grow. Who do you think you are? You are a beautifully and uniquely designed woman who owes it to other black women to lend a hand, an ear, a heart! If it were not for the black women who came before you--you may not be where you are today--so help a sistah out--give back and keep it moving!

### **Unity Tips:**

1. The next time you are at an event or gathering, look for the black woman who seems to be alone and connect with her.
2. The next time you see a job opportunity, consulting gig, or other opportunities, before you consider yourself, consider one of your black female colleagues.
3. The next time a sister trying to grow and learn asks a question or seeks advice--genuinely respond and help her out.
4. The next time you see a sister who "thinks she is somebody" stroke her ego and tell her she is.
5. The next time you think you don't got it--know that you do, it just needs to be nourished and it will grow and shine!

*I hope you will take the golden nuggets from this book and use them to change the way you engage with yourself and other black women. Thank your experiencing Catriceology and I personally send positive energy your way.*

*Peace & Prosperity*

Catrice M. Jackson,  
CEO Catriceology Enterprises  
Speaker-Trainer-Life Strategist  
[www.coachingwithcatrice.com](http://www.coachingwithcatrice.com)