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**Your Transformation is NOW!**

2020

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# AGENDA

## Morning Session

- Check-in, Continental Breakfast & Lunch Selection
- Welcome, Opening Prayer
- The Spiritual Secret to Thriving is Self-Awareness
- The Write Life
- Introduction of the Faculty Mastermind
- Round 1 Mastermind Faculty Rotation
- Round 2 Mastermind Faculty Rotation
- Round 3 Mastermind Faculty Rotation
- Lunch

## After-noon Session

- Fireside Chat with Dr. Katisha Vance
- The Process of Entrepreneurship
- Special Presentation
- Break

## Mid-day Session

- "Lean In" Girl Power Panel
- Round 4 Mastermind Faculty Rotation
- Round 5 Mastermind Faculty Rotation
- Round 6 Mastermind Faculty Rotation
- Closing & Prayer

# ABOUT THRIVE?

## WHAT IS THRIVE?

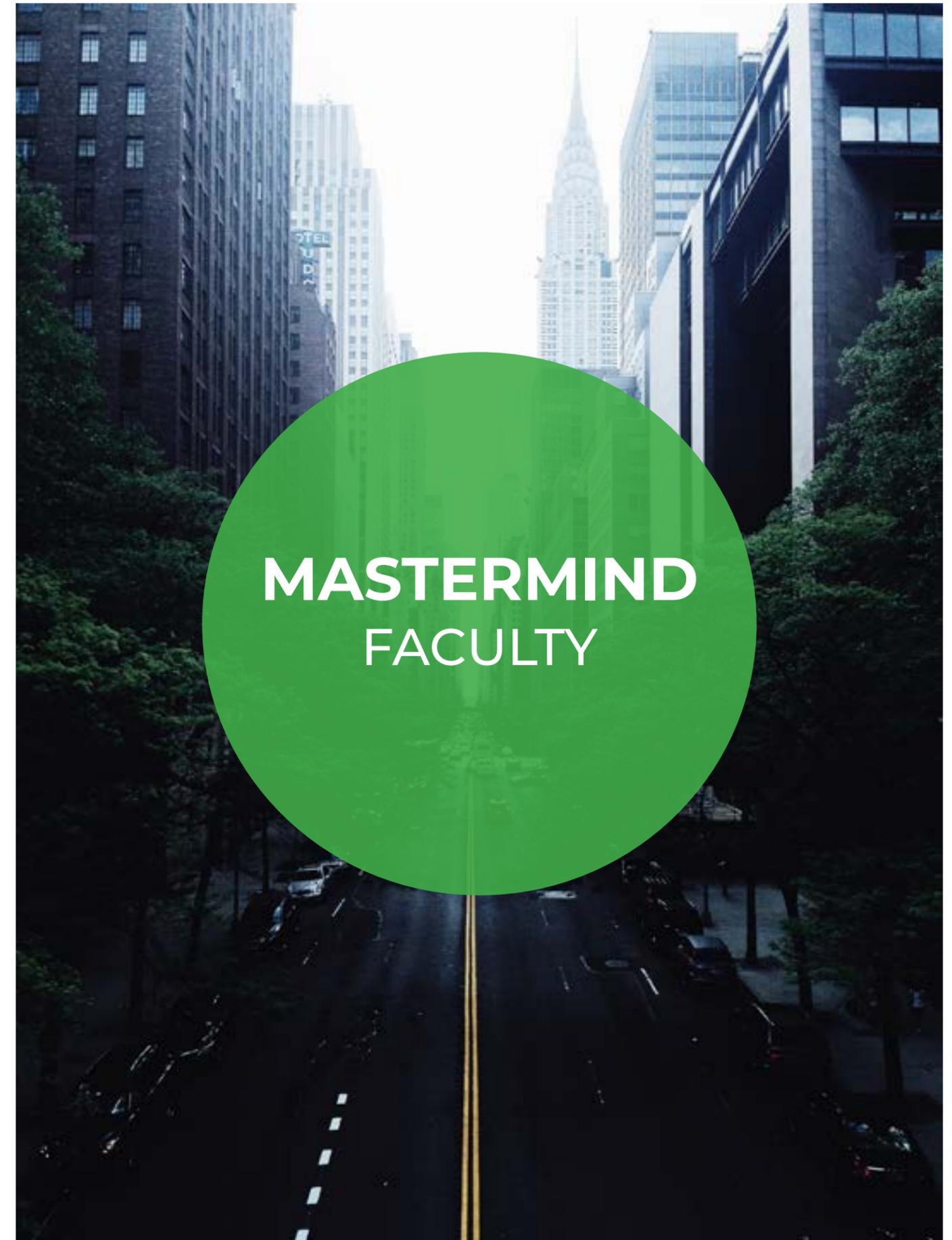
THRIVE is an interactive experience that will connect men and women aspiring to advance in life with mastermind experts who can help them to realize their dreams.

## WHAT WILL YOU RECIEVE?

You will receive game-changing, next steps strategies from mastermind experts in entrepreneurship, financial planning, education, wellness, and more!

**Our mastermind experts will empower you to...**

- Start or grow a business
- Take control of their financial futures
- Enhance their wellness
- Advance in their careers
- Finish a college degree
- Become an author or effectively market your book
- Get booked as an artist (dance, fashion, etc.)
- Write a strategic life plan





**MILDRED BLACK HOOKS**  
Host/Visionary

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

Mildred Black Hooks is the Founder and Principal Consultant of People Optimum Consulting, LLC. She and her team partner with leaders, teams, and organizations to advance their goals through HR consulting, professional coaching and training services.

Her leadership experience spans the technology, healthcare, retail, service, and government industries. She has been deemed “The People Optimizer.” In addition to launching People Optimum, LLC, Mildred is an author and national speaker.

Mildred is a native of West Alabama and graduated from the University of Alabama with a degree in Financial Management. After graduation, she moved to Atlanta and advanced her career in the fields of human resources, technology integration and business development. After completing her Executive MBA from Georgia State University, Mildred returned to West Alabama to lead HR Operations the largest health system and the second largest employer in West Alabama. For nearly a decade, Mildred oversaw HR legal and TJC regulatory compliance, employee relations, employee appreciation, HR policy, and the HR shared services center for a workforce of over 5,000 employees and contract staff working across multiple facilities and multiple states in the United States.

Mildred has held key HR and Operations leadership roles in the public and private sectors, helping organizations strengthen people, systems, and structures to realize exceptional outcomes. Mildred holds an Executive MBA and two Senior Professional HR certifications, SHRM-SCP, and SPHR.

Mildred is a sought-after, national speaker, entrepreneur, consultant, and author with a passion for optimizing to unlock potential. In her career, she has delivered effective, impactful presentations on key leadership and industry topics for over 20 years in healthcare, business development, and technology.

Mildred loves spending time with her husband, Edward, five beautiful children, and extended family. Mildred finds fulfillment in serving through her outreach ministry.



**ALENA EDMONDSON**  
Entrepreneurial Coach

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

Over 22 years of quality entrepreneurship and business development experience across multiple industries including franchising, retail, small business consulting and entrepreneur training and development. Since 1998 Ms. Edmondson has focused on driving small business development in communities of color and diasporic markets. She consults corporations and small business leaders with emphasis on the untapped potential in international emerging economies. Ms. Edmondson and her entrepreneur development team believe that the future of the United States is now inextricably linked to the economic mobility of these groups, and underinvestment in their businesses threatens the nation’s ability to deal with challenges in continuing to drive economic growth and vitality needed for all citizens.

Alena Edmondson, one of America’s most experienced business trainer and speaker is also an Executive Life Coach and licensed HeartMath Coach. Drawing on her book, “Who Are You Really?” Alena will show you how to tap into the power within to produce any condition you desire for your life or business. In the book, she introduces an entire section on achieving Life-Work Balance to remove the stress of feeling overwhelmed.

Alena is also an Executive Life Coach who loves to help individuals understand that they are not the events in their life; and how to connect to the truth that lies within.

Alena helps her clients understand how to use their internal processes to raise their consciousness so they can take action in order to achieve their personal, professional, and financial goals. Along with her husband Jerome, Edmondson co-founded the Entrepreneur Development Network (EDN) in 1998. They discovered in order for entrepreneurs to be successful they needed to develop a comprehensive business plan. A Business Plan is a written description of a business venture. She leads entrepreneurs through the process of developing a thorough Business Plan that will transition an idea into a clear and concise document that organizes their business’s infrastructure.

Her desire to deploy entrepreneurs led to the expansion of the Edmondson Associates Capacity Building Institute, which focuses on helping minority and women-owned

## **ALENA EDMONDSON Continue...**

businesses generate a supply chain capacity plan and develop the skills needed to create, expand and strengthen successful business growth. She has conducted this capacity building training for UAW- Ford, AT&T, Georgia Pacific, Georgia Power and Wells Fargo.

In August 2005, Edmondson Associates was presented with the Minority Entrepreneur of the Year Award and the Local Minority Advocate of the Year Award by the U.S. Department of Commerce's, Minority Business Development Agency for their leadership in developing hundreds of entrepreneurs through their Entrepreneur Training Institute.

She is also a Technical Assistance provider for the U.S. Small Business Administration. She helps business owners (or business leaders) with both business and personal effectiveness. She also works with successful people who are "stuck" in certain areas of their business (e.g., weak profits, sluggish sales, cash flow challenges, or working too many hours) that can result in an unhealthy life-work balance. Other common challenges include: quality issues, service failures, lack of leadership depth, a poor company culture, and limited company value.

Alena has been happily married to Jerome Edmondson for 33 years. In addition to being her business partner, he is the first African American to own a Denny's franchise in Michigan as well as the author of Maximizing Misfortune: Turning Life's Failures into Success. Alena often says she's married to an "entrepreneur." She has observed her husband go from unemployment to deployment by changing the way he thinks and that experience inspired her to become a Life Coach. A passage in Jerome's book says that Alena saved his life during the dark times, but what she actually did was help him rediscover who he really was.

Alena has three wonderful adult children, Cherita, Aaron, and William and she is also the proud grandmother of eight beautiful grandchildren: Dasha, Will, Anthony, David, Madison, Destin, Marley and Destiny.



**JEROME EDMONDSON**  
Entrepreneurial Coach

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

Jerome Edmondson – Senior Partner and Co-Founder Edmondson Associates and the Entrepreneur Development Network (EDN Global) author, entrepreneur, veteran, corporate and small-business consultant Jerome Edmondson is the Senior Partner of Edmondson Associates, a business consulting, entrepreneur training and development firm with offices in Michigan and Atlanta, Georgia.

EDN Global and Edmondson Associates specializes in corporate supplier development, diverse supplier capacity building, business plan development, small-business and franchise development, business funding, faith-based organizational planning, and corporate inclusion training, program design and execution.

Edmondson started his own restaurant consultant company, A&W Foods named after his two son's Aaron and William. From this experience he connected with the Denny's restaurant chain and made national headlines as the Nations 1st Black Denny's Franchise owner. His desire to deploy entrepreneurs globally led to the expansion of Edmondson Associates to include the Entrepreneur Development Network (EDN Global).

EDN Globally helps minority and women-owned businesses develop a capacity planning process with emphasis on developing the skills needed to create, deploy, and secure successful business growth. Mr. Edmondson was awarded 2005/2006 U.S. Dept. of Commerce Minority Entrepreneur of the Year for these efforts.

In January 2018 Mr. Edmondson relaunched his Telcom company, EDN Communication as an AT&T FirstNet Consultant, Master Solution Provider and Co-Sell partner with a focus on Black Executive Public Safety and State, Local, Education (SLED) lead agencies.

Jerome holds an Associate degree in Criminal Justice from Arkansas State University and a Bachelors degree in Business Finance from Cleary University. His greatest life accomplishments however, is his wife of 33 years Alena, their three children Cherita, Aaron and William William and their amazing 8 grand children Dasha, David, Destin, Destiny, Madison, Marley, Anthony & Will.



**KIMBERLY MARABLE**  
Mental Wellness Coach

Kimberly Marable is experienced in working with adolescents and adults, and her areas of expertise include addiction, depression, anxiety, stress management, communication skills, anger management, marital/relationship conflict, and critical incident stress management.

Kimberly completed her Master of Arts in Counseling Education with a specialty in rehabilitation counseling from the University of Alabama in Birmingham. She is a Licensed Professional Counselor in the State of Alabama and is an LPC supervisor (LPC-S). Kimberly is also a Certified Employee Assistance Professional (CEAP), National Certified Counselor, Certified Rehabilitation Counselor, and a Department of Transportation Qualified Substance Abuse Professional (QSAP).

Kimberly is the founder of Coach K's Korner, a platform birthed from her own testimony and journey of growth. From this platform, Kimberly inspires others to make changes in their lives and commit to creating healthier relationships with God, themselves and others. She educates on principles of wellness and provides practical exercises that encourage self-awareness, self-acceptance and forgiveness.



**MONTY MORROW**  
Financial Wellness & Investment  
Coach

**FENAE POPE (NEALY)**  
Wellness & Nutrition Coach



**CLAIRE SLATON**  
Continuing Education Coach



Claire Slaton is the Coordinator of Enrollment Services for Bama by Distance Learning at the University of Alabama. She is a two-time graduate of The University of Alabama. In 2006, she graduated with a Bachelor's degree in Biological Science & in 2018 she graduated with her Master of Science Degree in Marketing. She currently works with her team of six admissions counselors that are trained and ready to enroll online learners into The University of Alabama Distance Learning Programs.



## **DARYL FOSTER**

Creativity Coach

### **The Creative Component**

The Creative Component is my take on how integrating creativity into your life, career, and purpose can optimize success, and ultimate happiness. Unfortunately, many of us were educated in schools where the arts were removed due to budgetary constraints, or by school systems and governments that do not value the arts.

I will show you quick ways that you can incorporate the creative component into your daily routine for a sustainable increase in quality of life. I am also available to teach and coach in-depth strategies geared toward increasing spontaneous joy, creative approaches to problem solving, improvisational structures for creating new ideas, and more!

Typically speaking STEM based education teaches us that there is one way to reach a goal, answer, or result. The Creative Component is all about creating new possibilities.

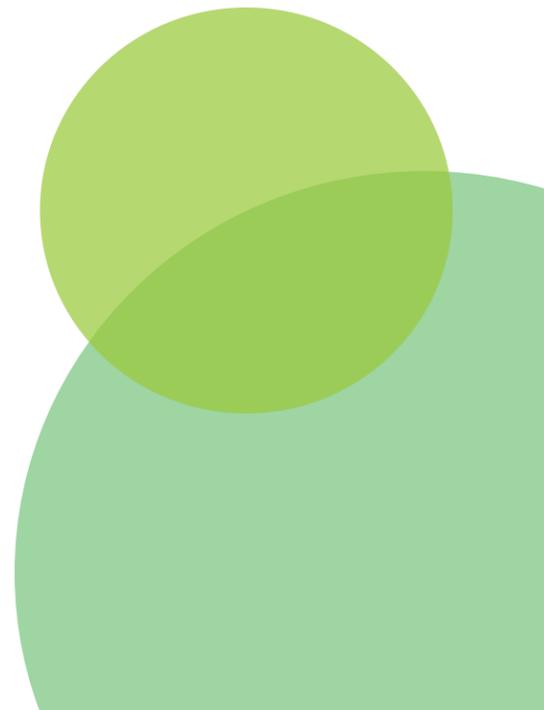
### **Daryl L. Foster**

Daryl L. Foster was born in Tuscaloosa, Alabama, and began his training at the age of 18 as a student at the University of Alabama. He graduated with a degree in Dance and English, and while studying and training he was able to secure scholarships from Harvard Summer Dance, Cleo Parker Robinson Dance Ensemble, and two full scholarships to the American Dance Festival at Duke University. After leaving Alabama he joined the renowned Dayton Contemporary Dance Company as a Dancer with DCDC2 in Dayton, Ohio. He also began a relationship with musical theater as an ensemble member of The University of Southern Indiana's performance company at the Lincoln Boyhood National Monument, where he performed roles in *The Music Man*, *The Sound of Music*, and the title show *Young Abe Lincoln*.

Daryl eventually left the midwest for New York City to pursue bigger dance opportunities. After dancing in an opera about Nelson Mandela, and working administratively for Urban Bush Women his New York time would be cut short by the fateful events on September 11th 2001. During that dark time in American History he took the time to contemplate a new path which would lead him to graduate study at Florida State University where he would earn his MFA in Performance and Choreography. He would move on to direct and teach dance at Booker Middle School for the performing arts before moving to Atlanta, Georgia in 2006. Once in Atlanta Daryl began his journey in higher education as an adjunct professor at Kennesaw State University. He continued his academic career with faculty positions at Spelman College, Agnes Scott College, and the University of Georgia where he served four years as the first person of color to hold a full time appointment. In 2010 Daryl along with Terry Slade premiered *LIFT Men. Dance. Life.* a showcase featuring male dancers, and choreographers working together to discuss, and create work about men of color and the issues we face. Over the past 10 years 100s of men have communed, performed, presented work, and trained with *LIFT*. He also created *EMERGING: A New Choreographers Showcase* to nurture, develop, and present the work of aspiring choreographers. Twice a year the *EMERGING* process would take 10 choreographers through a complete, and immersive process that culminated in a fully produced performance with feedback from industry professionals. Currently, Daryl is continuing to write, produce, direct, and is expanding *LIFT* into an artist management company.

### **LIFT: 10 Years of Men Dancing In Atlanta**

This nearly 200 page art book chronicles the journey of *LIFT*, an Atlanta based all male dance showcase, from its inception to the present time. Featuring the dynamic photography of documentary photographer Tara Lynne Pixley, and the written narrative by dance scholar Daryl L. Foster; the book illustrates the lives of these men in a very personal, and beautiful tome.





**DR. KATISHA VANCE, MD**  
Health and Wellness Coach

<https://alabamaoncology.com/>

Dr. Katisha Vance is an oncologist in Birmingham, Alabama and is affiliated with multiple hospitals in the area, including Grandview Medical Center-Birmingham and Princeton Baptist Medical Center. She received her medical degree from the University of Alabama School of Medicine and joined Alabama Oncology in September 2007.

Dr. Vance on her inspiration for becoming a physician and her motivation to work with cancer patients:

“In August 1986, Mattie Stinson died at the age of 64 from complications of metastatic colorectal cancer. Mattie was my maternal grandmother. Back then, treatment options were limited for patients with stage IV disease. Today, we have an ever-increasing number of therapies to help patients in the fight of their lives. Why am I motivated to come to work every day? To help someone else’s Mattie.”



ALABAMA ONCOLOGY



**DAN SORRELL**  
Digital Content Coach

Dan Sorrell, is a Business Technology Consultant and Instructor. He is passionate about empowering creativity, collaboration, and communication by breaking down technical ideas, making them simple, manageable and fun. As a trained Audio Engineer Dan Sorrell is particularly passionate about the Power of Podcasting, and how it can help your business grow. That is why he is on a mission to share his excitement and expertise so you too can join the Podcast Revolution!

**SPEAKING TITLES**

**POWERTALK** -- > The Power of Podcasting: How to use Podcasting in strategic, non-traditional ways to promote and enhance your business.

**WORKSHOP** --> The Podcast Revolution: Podcast Monetization Secrets Revealed.  
Table --> The Podcast Experience: Create your free mini-podcast recording!

**OFFERING DESCRIPTION**

Every business can benefit from increased brand awareness and positive exposure. Podcasting is the quickest, cheapest and easiest way to attain immediate international multi-platform distribution of your message! Entrepreneur Academy provides the complete solution, including equipment, software, personalized strategy, production, and distribution, all designed for the non-techie small business owner.



## ALVIN GARRETT

Creativity Coach

<https://alvingarrett.com/>

The Grammy-Nominated songwriter, Alvin Garrett, is a multi-faceted, multi-dimensional force in the music industry. Garrett is not only an amazing singer-songwriter, he's a bass guitarist, a studio engineer, a music producer, a concert promoter, a management and marketing specialist, and more. In 1996, the Tuscaloosa, AL native attended Samford University in Birmingham, AL on a football scholarship, and

earned a BSBA in Business Management in 2000. After working two years in Corporate America, Garrett took the leap of faith and resigned in order to pursue a career in the music business.

While in college, Alvin Garrett, founded the band, Just A Few Cats, which he still manages and promotes to this day. He also founded the entertainment company, The Music Caterers, LLC, which subcontracts and manages musicians and singers for corporate events, weddings, festivals and more. As a bassist and musical director, Garrett toured and recorded with a host of national R&B and Gospel acts; and he eventually began writing songs and producing for many of these artists.

In 2012, Garrett was nominated for a Grammy for his contribution to Gospel Album of the Year candidate, Trin-I-Tee 5:7. That year, he also won a Stellar Award with Gospel artist, Deitrick Haddon. In 2014, Alvin Garrett wrote a hit song feat R&B Star, Joe, and Destiny's Child's Kelly Rowland--which garnered a Soul Train Award. Garrett's success as a songwriter helped propel his solo career as a singer-songwriter.

In 2015, Alvin Garrett introduced himself to the world as an artist with his debut hit song, "By Myself," featuring his hometown friend, Ruben Studdard. "By Myself" is a powerful motivational song that continues to receive airplay to this day. Since then, Garrett has toured across the southeast and continues to build a fan base for his music. Garrett is releasing a brand new LP entitled "This HILL," which builds on the soul-stirring movement started by his debut release.

In addition to writing, recording, and performing, Alvin Garrett allocates time to educate and inspire others to passionately and strategically pursue their dreams. Garrett has developed a songwriting curriculum called, "The Write Life," which teaches the art of songwriting based on solid principles of communication. He also educates his students and participants on the business and social impact of music and lyrics.

Alvin Garrett is not only a successful businessman in music, he is a proud husband and father of two little girls. Not only is this musical pioneer establishing a legacy for his family, he's blazing a trail for the city that he calls home...Birmingham!



## DR. LARTHENIA HOWARD, PHD

Best Selling - Book Coach

<https://www.fromabooktoabusiness.com/>

Dr. Larthenia Howard is a neuro-leadership strategist, an Amazon #1 Bestselling Author and Publisher, and creator of How to Write a Book in 31 Days: From a Book to a Business—a step-by-step system that shows Authors how to reach #1 Bestseller on Amazon, create multiple streams of income from a book, and grow a business Beyond the Pages®.

Larthenia has been featured on TBN Network, The Lee Pitts Show, National Association of Secondary School Principals periodical, Professional Women Network platform, and national and local syndicated radio programs. She is the host of the Dr. Empowerment Blog Talk Radio Show and a certified Neuro-Linguistic Programming (NLP) Master Practitioner. Prior to becoming an author and entrepreneur, she served as an Appointee in Washington, D.C, on the National No Child Left Behind Task Force where she was instrumental in legislative recommendations to impact changes in educational reform.

### Five Fun Facts about Larthenia:

- A skateboarder, or as she says, "A lover of Land Yachts"
- Enjoys exploration in caves around the world
- Favorite pastime is strolling through botanical gardens
- Collects rocks from places she visits
- A nature observer and connoisseur



**JESSICA DUNNIGAN**  
Wellness & Nutrient Coach

Jessica Dunnigan is from Tuscaloosa, Alabama and has a degree in Exercise and Sports science from the University of Alabama. She started her business, "Fearlessly Fit" in the spring of 2018 with the vision to change the way people view fitness.

As the owner and founder of Fearlessly Fit her mission is to use fitness as a pathway to empower women of all ages and fitness levels. She believes every woman deserves to feel healthy and confident. When you are healthy, confident, and loving yourself; you will truly be fearless in everything you do! Jessica created Fearlessly Fit to be more than a name, but a lifestyle.

Her fitness training goes beyond the physical aspect, but aims to reach the heart, mind and souls of all women. When Jessica is not training her clients she is also working out. She is a bodybuilder and competes in figure and the fitness division. Jessica's plan is to reach her highest potential in the sport with hopes to make it to the professional level.

“  
**If a good man  
THRIVES, all  
THRIVE with  
him.**”  
-George Herbert



**THE LEWIS &  
MILDRED BLACK LEGACY  
TORCH AWARD  
RECIPIENT**



**DR. CLARENCE SUTTON**  
Central High School, Pricipal

Clarence Sutton, Jr. is a dynamic result-driven Educator/Administrator with a 24+ year record of professionalism and achievement. He has been an administrator for the Tuscaloosa City Schools since 2006. Under his vision for Central High School, they have implemented the following programs: School-Level Divisions (9th Grade Division, Prep Division, and Graduation Division), JumpStart Program (9th Graders attend summer program and receive the Life/PE credit), School Academies (5), Central Scholars Dual Enrollment Program, Blended-Learning, Project-Based Learning, and Community Partnerships to sustain the Ready to Work Program.

He has strategically made partnerships with local post-secondary institutions like the University of Alabama, Stillman College and Shelton State Community College, community partners, and business leaders. Dr. Sutton has been featured by ProPublica and The Atlantic magazine.

Under his tenure Central High has also been featured on ESPN's feature segment: SC Featured: Central High School, which led to a series on MNBC and in London and Japan. Dr. Sutton is a proud graduate of Stillman College and also received his doctorate in Education Leadership, Law and Policy from Alabama State University.

He was recently awarded the 2018 UCEA Excellence in Educational Leadership Award. Under his leadership, Central High School has been removed for the Alabama Failing Schools list and has also received the CLAS Banner Schools Award for 2019. He currently serves as the Chief Academic Officer for the Huntsville City Schools. He is married to Mrs. Jameka Sutton and they are the proud parents of six children.





# COMMITTEE MEMBERS

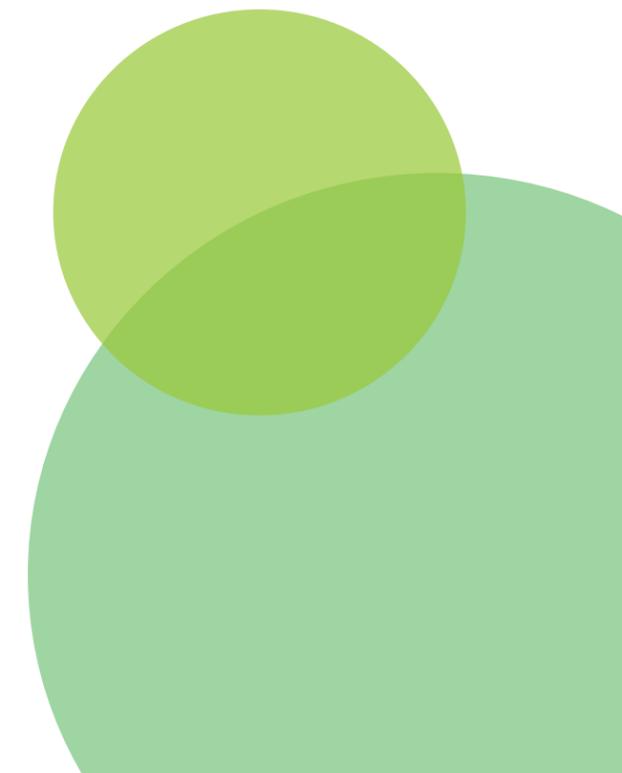


**TRACY JEMISON**  
Project Manager

<https://tbjweddingsevents.com/>

Hi, I am Tracy Jemison. I am the planner and designer for TBJ Weddings and Events. I'm the happy wife of Samuel and the mom of A'nyzah and Gabriel. I have been planning events for family and friends for several years. After a chat with God, I began my business in 2011. I asked him to bless my business and he has done that and so much more.

I'm thankful for my awesome clients who allow me to dance at their weddings and events. A tear drops every time I see the groom take a look at his bride for the first time coming down the aisle. I smile at the mom to be as her family and friends surround her with love and support during her baby shower. I hug each child from ages one to eighteen as I celebrate milestones with them and their families. It is a blessing to do what I do.





**KIVETTA PEOPLES**  
Graphic Design Lead

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

Kivetta Peoples, is a native of Tuscaloosa, AL. and a veteran of the United States Air Force. She is also a mother, and a experienced entrepreneur; owner and operator of multiple businesses. She has an Associate of Applied Science Degree in Operations Management from The Community College of the Air Force, and while serving in the military taught herself the basics of Graphic Design. She obtained a Bachelor of Applied Science Degree in Graphic Design from Full Sail University, and was also awarded the Course of Director-Graphic Web Design.

After leaving the military, Kivetta worked several years with the United States Postal Service as a carrier, and clerk. She started her first business; Delfra Janitorial, cleaning houses, and commercial properties part-time. Then established KP Designn; a graphic design business building websites, designing flyers, and creating logos etc.

Partnering with a fellow entrepreneur, she opened the Renaissance Center, a coffee shop/arcade. Kivetta is also the visionary of Alyn Marketing Group.

Follow on Facebook: @AlynMarketing - @KPDesignn

**“ I want to  
THRIVE, not just  
survive.**

-Anonymous



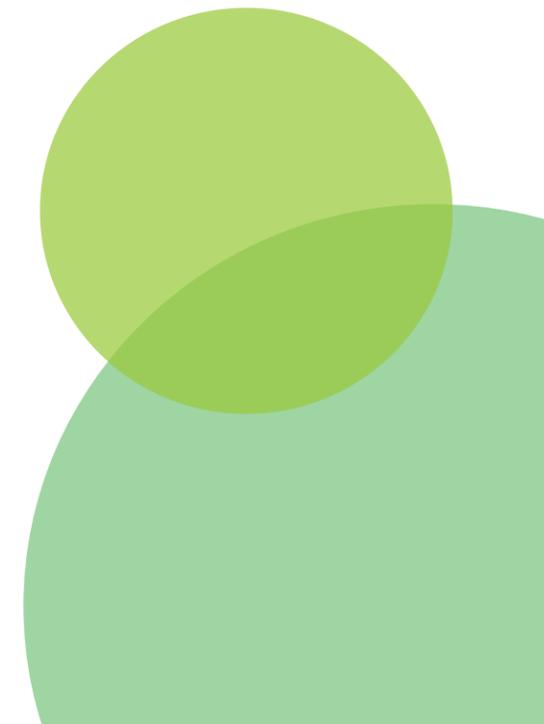
**DANIELLE EATON**  
Media Coordinator

Danielle Eaton is a proud wife mother, entrepreneur and civil servant. She has been a police officer for over 11 years and see's her career as not only a job but a calling. She has worked in many capacities in law enforcement from patrol deputy, special victims investigator and school resource officer.

During her tenure as an officer it led Danielle to found a women's self development non-profit called Self Development U. Her non profit serves women in the community by providing resources through seminars and educational workshops.

Danielle was a single mother for 9 years before meeting her loving husband. During those years of many trials, wins and loses, she rededicated her life to the Lord and vowed to follow God's blueprint for her life.

Danielle believes 3 principles will ultimately get us to our next; Information, education and relationships.





## KIARA A. BRAGGS-WITHERS

Admin Coordinator

Kiara is a native of Tuscaloosa, Alabama. She is the wife of ten years to Corey Withers and mother of three children; Tyler, Tytus, and Kori Withers. She received her Associates Degree from Shelton State Community College, her Bachelors Degree in Human Environmental Science from The University of Alabama, her Masters in Health Promotion and Health Education and Health Promotion from Walden University, and currently obtaining her second Masters in Human Resources from Walden University with a concentration in Human Resource Management.

She has been employed with Stillman College since 2016 and is currently serving as an Academic Support Specialist in the Retention and Placement Department. Kiara serves as an Administrator Coordinator for People Optimum Consulting. Kiara serves as a youth director at Friendship Baptist Church. She invests her time as a mentor, advisor, and community outreach advocate to children and young adults. She is an advisor for a non-Greek organization, Virtuous Elite. She has been a part of numerous community service projects. She enjoys being a service and being an advocate for others.

My mission  
is in life

IS NOT MERELY TO SURVIVE  
BUT TO

THRIVE

& TO DO SO WITH

SOME PASSION,

SOME COMPASSION,

SOME HUMOR

& SOME STYLE.

MATA ANGELOU

# SPONSORS PARTNERS

# THANK YOU!

## SPONSORS



Jamar Stanford  
Membership Sales Agent

## PARTNERS



**Bama Notary**  
6621 Helen Julia LN  
Cottondale, Alabama 35453  
Phone: (205) 887-5968  
Email: Perrymay2@aol.com

**Perry Lamon May**  
24 Hour Mobile Notary Service