

RESILIENT

NO.1 FOR BARRIER BREAKER NEWS

Robin Ayers
ENTERTAINMENT
HOST, SPEAKER,
AND AUTHOR
SHARES HER
TAKE ON BEING
RESILIENT

Women's Month 2021
HONORING 31 OF TODAY'S
MOST AMAZING WOMEN

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Photo courtesy of Robin Ayers

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Resilient Magazine

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Resilient Magazine's mission is to highlight the resiliency of women, their work, their worth and their ability to weather the barriers that life may bring. The magazine also highlights entrepreneurs from all facets of life, while highlighting the exceptional roles African American women play in the prevalence and relevance of culture.

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RESILIENT
MAGAZINE



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Resilient

EMPOWER | IMPACT | GROW & GLOW

When I began this journey to **EMPOWER** women to feel great about themselves despite the barriers life brings, I did not realize that I would be apart of the journey as well. Having received the name **RESILIENT** from a good friend and business colleague at the 2nd Anniversary of one of my businesses, I had no idea the power of the word itself. I

always believed that **IMPACT** comes in the form of transparency. I believed that being vulnerable and honest helps others and heals the hurt in you. Being transparent enabled me to identify with the needs of women who were not only going through similar barriers, but were praying for a connection to a survivor. What many of them failed to realize was....so was I. I needed to see women climb from the ashes of the fires of life. I gained strength from watching women defeat cancer, survive divorce, raise children as a single mothers, become spiritual leaders, become political leaders, receive doctoral degrees, become entrepreneurs, eliminate debt, delete criminal records and become thriving citizens and ultimately live a self-rewarding life. After witnessing women succeed on all levels, it propelled me to **GROW** - up. The days of the "woe it's me" died. The days of complaining of what I did not have ceased and I rejoiced in what I did have. The **GLOW** that is revealed today is as a result of finding myself, establishing my own identity, deciding that I matter, acknowledging that I have purpose and deciding to go back, give back and get women to travel this amazing journey with me.

This is RESILIENCE.....

J.A. #Resilient

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#GETNOTICED-The Podcast



*Throughout this issue, you will find stories of women who are **RESILIENT** in their walks, their thoughts and their actions. You will see advertisements from women in business. You will feel apart of something small in size but big in substance. You will identify with the stories, establish a new meaning of **RESILIENT** and aid in the positivity of inspiring women to **EMPOWER, IMPACT, GROW & GLOW.***

CONVERSE



Sit Down Sista

Chew & Chat Motivational Moment

with Coach J Dianne Tribble

EFFECTIVELY COMMUNICATING YOUR WHY

Sista, communicating your **Why** is the key to unlocking doors of opportunity awaiting you! Introvert or extrovert, you must stand out. To walk in your next measure of success will require you to articulate effectively and confidently your **Why**.

“

To walk in your next measure of success, will require you to articulate effectively and confidently your **Why**”

Sista, the competition is out there. However, when you get clear on your **Why**, you will find there is no need to be moved by the pursuit of others because your competition will be with yourself – as you strive to be better and do better. The race is on. You must keep up. Your **Why** must be concise – brief and to the point. Everyone seems to be so busy these days and the attention span tends to be so short. Therefore, you must be on your game – yes game face in place, confidently ready to communicate your **Why**.

Let's start with **What** you would like to



At the Table

Life Coaching & Motivational Speaking Services

achieve. Capture a detailed picture of yourself walking in it or experiencing it – whatever it is. Can you see it? Now, take it a step further by moving the mental picture from your mind's eye to expressing it on paper. Write it out or draw it. This will connect your desire to your motivation.

Now, let's unpack your **Why**. To do this, you must consider your responses to several questions. Why do you want it? How would it impact your life and more importantly, how would it impact others? What is your motive? Is it for self-gain or altruism (selfless concern and service to others)? If it happened tomorrow, could you handle it? I know these are tough questions, but they are needful questions to consider on the front end. Your responses could help you in communicating your **Why**. Think about it. It just makes sense.

I can recall several times in the past when I had my mind set on something and just proceeded in going after it, without counting the cost. I made mistakes; I wasted money;

and I wasted time. In spite of these negative blows, I was able to learn from my mistakes. That is why this chat is so important. If I can help you avoid some of the pitfalls in failing to effectively communicate, it's worth our chat time.

Now let's consider your **Who**. Who needs to hear your message? Is your **Why** a part of your career path as you prepare for promotion on-the-job? Are you a small business owner? Is your **Who** connected to fellow business owners and organizations with which you would like to partner with in business? Is your **Who** on a more personal level? Is your who about building or restoring relationships? Let's unpack each one a little deeper.

As it relates to your career, if landing the job of your dreams is your desire, your resume must be on point as it reflects who you are; your work history; your education; your skills; your accomplishments; etc. If on the other hand, your desire is more career path driven and you are already employed, consider what you are doing or willing to do to add to your skills and experience. Do you have a mentor, business coach, or sponsor? Are you affiliated with professional groups within your area of interest and expertise? If not, begin your research in these areas. Be willing to ask for help. Research Meet Up groups in your area. Join interest groups on LinkedIn.com (the professional

social network) or Clubhouse, one of the most popular new sites.

As a small business owner, one of the most powerful tools to have in your arsenal is a capability statement. A capability statement is the equivalent of a jobseeker's resume. The capability statement provides a snapshot of who you are; products and/or services you provide; pains you alleviate; accomplishments; and business partners. This document provides an overall view of your business competencies. The goal of this document is to convince potential customers and business partners to do business with you.

On a personal level in building relationships, communication is the glue. Being open, honest, and assertive are foundational characteristics. Trying to read someone's mind or expecting someone to read your mind is counterproductive. It's time for results. Speak up – in love and respect. Work the foundational characteristics and they will work for you.

Sistas, let's be determined to get so clear on our **Why** that we cause a snowball effect in driving winning results in every area of our lives. I'm rooting for you. Why? Because I believe in you!

Maybe this all sounds insurmountable. We can help. As a professional Health & Wellness, Business, & Life Coach, I have assisted numerous individuals and

organizations in goal setting and reaching goals. I would be delighted to work with you. It's time for RESULTS.

Coach J Dianne Tribble, Award-Winning Health & Wellness and Business Coach, Motivational Speaker, Corporate Trainer, Business Consultant, and Published Author

Voted 2020 BEST MOTIVATIONAL SPEAKER by BEST Society and Best Coaching Services in Jacksonville, FL by EXPERTISE.COM three years in a row (2018-2020). 2019 award recipient of the Public Service Award by ACHI Magazine and 1st Place award recipient of Best Business Coach/ Consultant by BEST (Black Entrepreneur SisTer) Society. 2019 Woman of Influence nominee by the Jacksonville Business Journal. Awarded the 2018 Health & Wellness Award for her impact in the community by ACHI Magazine Awards, Coach J Dianne Tribble is the CEO and founder of At the Table Life Coaching & Motivational Speaking Services LLC. In 2018, she also received a Certificate of Recognition for Women Who Lead by VITAS Healthcare. In 2011 & 2015, she was the recipient of the Spirit of Service Award for her impact within the community by the University of Phoenix. She serves as the current President of the University of Phoenix Alumni (UOPX) North FL council.

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FOR THE CULTURE, THE CREATIVE, AND THE COLLABORATIVE

Savannah woman preserves history while making history through the development of a marketplace centered around cultural empowerment

by Teia Acker-Moore

Photos by Elbi Elm

A native of Pontiac, Michigan, raised by parents of the Army, and introduced to the facets of the world by United States Air Force Elbi spent most of her life traveling and discovering new concepts and ideals of the world. Desiring to be closer to family, Elbi moved from Denver, Colorado to the Savannah-Metropolitan area where she

attended Savannah College of Arts Design (commonly referred to as SCAD). Elbi describes the opportunity as amazing. In fact, Elbi stated that she inquired about SCAD and assumed, as most do, that the college was for artist who drew or designed and surely she wasn't. However, after digging deeper into the amazing opportunities of SCAD, Elbi



“My family lived in Richmond Hill. I just sold my house and came to Savannah, Georgia. I had no idea and no direction”

~ Elbi Elm

decided to tour the institution. While sitting in a coffee house contemplating the next steps and facing the defeat of applying for jobs and not hearing back. Ultimately, she was approached to audition. Upon doing so she received a full scholarship for performing arts. After two years, she transferred to Howard University with a degree in Theatre Arts Administration and Management.

After doing a fellowship in a children's museum in Minnesota and studying diversity, equity, and inclusion, Elbi decided to put most of her energy and effort into creating and building community collaboratives. Elbi noted that she left Savannah because of the lack of collaboratives (as it related to building entrepreneurs and protecting the structure of culture and artisans). Upon her return to Savannah, Georgia and her desire to get closer to her family, she wanted to ensure that she recreated this initiative and serve as a hub for the foundation of black businesses.

..... on being **RESILIENT**

"I have always had a history of starting projects but this is different" says Elbi. "TCU, no lie, has been the only thing that I have stayed consistent with. It burns within my belly. Even on the worst days, when my finances are challenged, I still chose TCU". Elbi wanted to build this place of

of community. She admits that there were days when she felt so overwhelmed and almost to the point of ill due to the stress of what was needed for the business. Elbi notes that there has never been a time that she wanted to quit. "There is so much to be done. The build-out, finances and etc. But even with that, I am so excited everyday of what it can become" says Elbi.

While it took some time to find stability and community, Elbi realized that she needed to transform her vision to a reality. In fact, she advised entrepreneurs developing a business from conception to remain focus as it is no easy feat. Managing the growth of something so significant with that of being a black single mother is extremely difficult. "One of my struggles is finding and connecting

“I have always had a history of starting projects but this is different” says Elbi. “TCU, no lie, has been the only thing that I have stayed consistent with. It burns within my belly. Even on the worst days, when my finances are challenged, I still chose TCU.”

~ Elbi Elm



Photo courtesy of Elbi Elm

to investors to propel my company forward. Although black woman leads the charge in entrepreneurship, collectively, we still raise less than 1% of equity-backed funding" says, Elbi. "I was very naive to the amount of work needed to pull this off. I thought I could simply get a loan, create this space and that's it. However, here we are two years in".

..... on The Culturist Union

The Culturist Union is a multifunctional coffeehouse, community gathering spot, marketplace and business incubator centered around the artistic and social empowerment of Black creatives, entrepreneurs and professionals. The coffeehouse features a minimal menu of local, fair-trade coffee and tea and locally sourced pastries and pre-packaged food while serving as a cultured space for hosting live and pre-recorded events, retail goods marketplace, used bookstore and private space rental. Currently, until the brick and mortar location is open, TCU curate conferences, workshops, and events in order to connect to people and build community. Recently, TCU celebrated a successful crowdfunding campaign and raised a friends/family seed round of \$35K via iFundwomen, a women-centric crowdfunding platform.

..... on how it was named

The Culturist Union is named after

Madame C.J. Walker's annual convention and community-building spirit, created to cultivate the community that we want to see in the world. Originally, the name was referred to the co-op space. However, according to Elbi, more men were attending and while that was okay, the goal was to align with something that exudes community, culture, love and the hustle. After speaking with a good friend, Elbi was reminded that the title of her "space" (as she calls it) should derive from a historical standpoint or reference. This ultimately lead Elbi back to her muse- Madame C.J. Walker. The story of Madame C.J. Walker resonated and the name "The Culturist Union" came about as she served the entire community through learning and growing. "I love her and the name is perfect" says, Elbi

.....on what's next?

TCU opens (tentatively) on June 18, 2021 (JUNETEENTH). Elbi states that the biggest challenge is the aftermath. Many are excited and anticipating the opening. The question is what happens after the opening. "My biggest fear is after we open what happens? Are people going to come? Are they going to patron? Are they going to support? Are they going to support these artisans? What will it look like eventually? Will I need to scale back or grow forward to other cities" says, Elbi. However, she highlights that authenticity and

“Although black woman leads the charge in entrepreneurship, collectively, we still raise less than 1% of equity-backed funding” says, Elbi”

consistency will be paramount for the growth and success of The Culturist Union. "I believe that people fall in love with people and not the brand, so I encourage my team and myself to show up and out in truest form" says, Elbi.

..... on how we can support

While Elbi is over excited about the established partnerships with SCAD, Facebook and American Express, The Culturist Union is also established as a Crowd Funding Project with IFundWomen. With the community support and funding of this project, TCU will be a haven for culture, care, celebration, and well-being. "We believe in the power of community! By tapping into the hearts and minds of like-minded folx, together, we can ignite a chain of positive change for our world. All funds raised through iFundwomen will be used to build out our coffeehouse space, hire employees, and create an epic-center for us all" says Elbi.

To support this initiative, visit <https://ifundwomen.com/projects/culturist-union>



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"THIS IS A MAN'S WORLD.... BUT IT WOULDN'T MEAN NOTHING WITHOUT A WOMAN OR A GIRL..." *James Brown, 1966*

By: Teia Acker-Moore

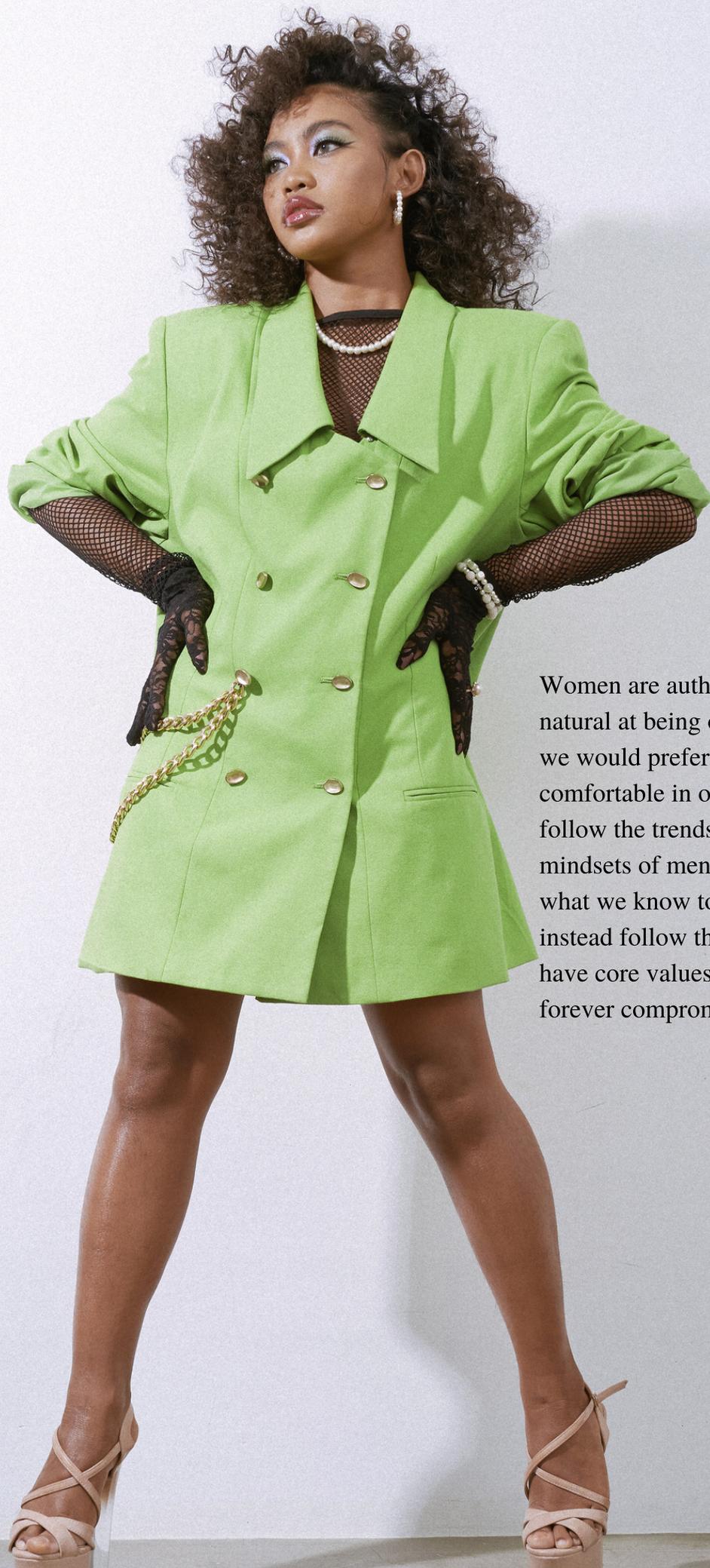
Succeeding in a "man's world" isn't as easy as it looks. In fact, society reminds us daily of how women are viewed. We are the cooks, the cleaners, the mothers, the wives, the accountant, the teacher, the master of all things. Yet, in the same breath, we are minimized in the role of leader, public figure, entrepreneur, and mogul. "Why is that?" After years of trying to figure out why women receive less than equal pay for doing the same jobs as men, or why women are easily labeled for the same indiscretions men do easily, or even why women have to jump through hoops just to arrive at the pinnacle of success only to be accused of doing something unethical to sustain the position, I have discovered that "it's a man's world". In a world historically dominated by men, I have come to the realization that while that theory may be true, it would be nothing without a woman or a girl.

I quickly learned that women carry an infinite amount of light, wisdom, and stature that not only enhances that of a man but intrigues him as well. While learning this, I decided to put in perspective the benefits of this challenge. It is often said, that "women think the world revolves around them"..... well...beloved..... it does, here's how.



Women have the amazing ability to focus on the things they can control. We believe that our actions reflect our attitude. We are often discriminated against, not heard, undervalued, and treated unfairly. However, we don't spend time blaming others. Instead, we take action, control our attitudes, remember our ethics and sustain our integrity.





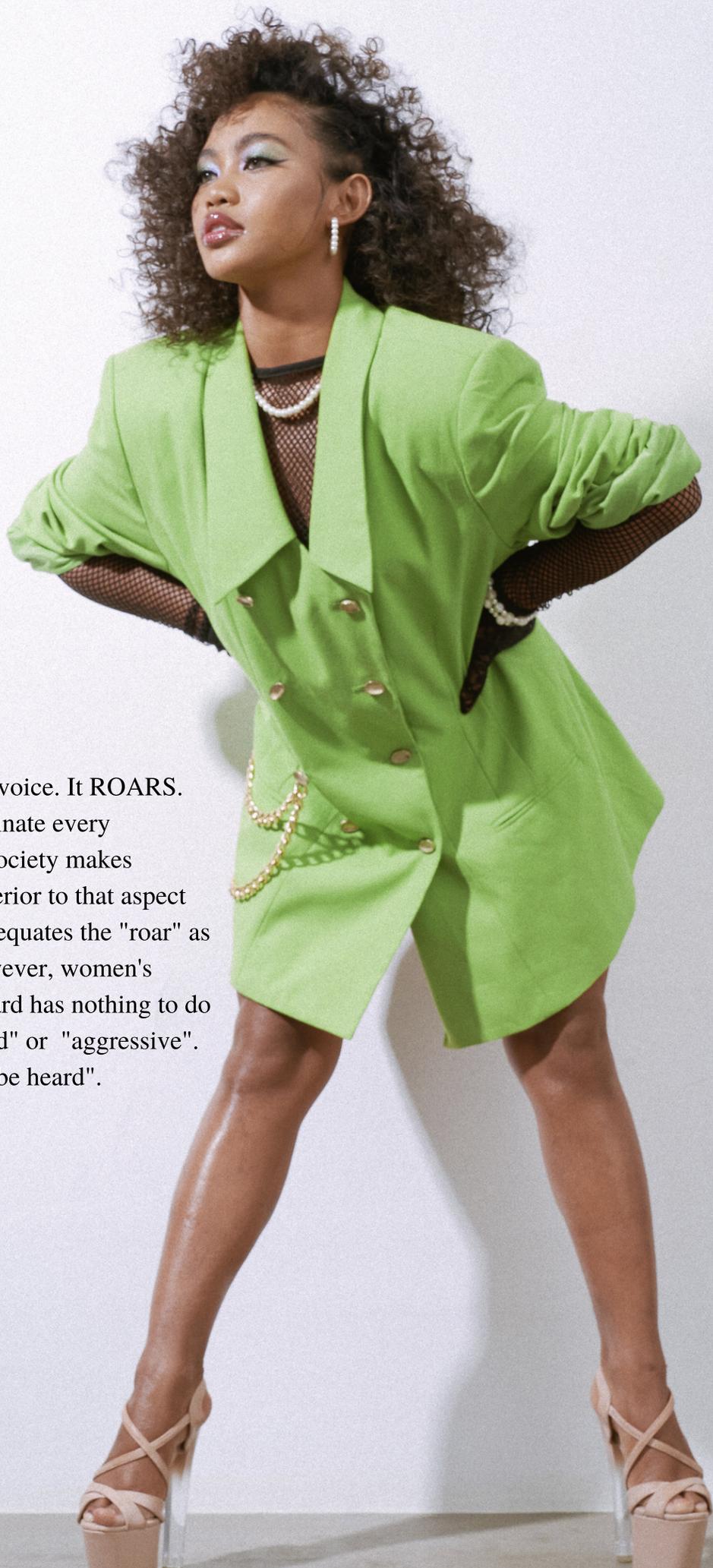
Women are authentic. We are natural at being ourselves. In fact, we would prefer it that way. We are comfortable in our skin until we follow the trends (created by the mindsets of men) and deviate from what we know to be facts and instead follow the fiction. Women have core values. Those values are forever compromised.

Women build support networks and stick to them. The concept of "It takes a village" derived from women sticking together to get a job done. Women find the common ground to co-exist and thusly build a rapport of relationships that are liberating and free.





Women believe in themselves.
Despite how men often shift the
narrative. Women are wonderful at
creating positive affirmations and
confidence-boosting.



Women have a voice. It ROARS. Men often dominate every conversation. Society makes women feel inferior to that aspect and oftentimes equates the "roar" as disrespect. However, women's ability to be heard has nothing to do with being "loud" or "aggressive". It is simply "to be heard".

Women trust their "guts". We believe in facts and we stand by them, stand up for them, and stand with them. Our intuitiveness is our greatest strength.



Women know their value.
They own it too.



Women contribute to the well-being of society. They have the amazing ability to make a real difference.



**"THIS IS A
MAN'S
WORLD.....
BUT IT
WOULDN'T
MEAN
NOTHING
WITHOUT
A WOMAN
OR A
GIRL..."**

James Brown, 1966



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Being Resilient

Resiliently Speaking with Robin Ayers

Resiliently Speaking

With Robin Ayers

Sitting with the brilliant mind of greatness - Robin Ayers was nothing short of amazing.

Tell us about yourself? (who are you, where are you from, what do you do, etc.)

My name is Robin Ayers and I'm a woman who's experienced many highs and lows in life but had an experience with God that helped to guide me to where I am today. I'm a mother of twins, a wife, an entrepreneur, and an entertainment reporter. I've had the opportunity to help people from all walks of life with a couple of books that I've written which has, in turn, catapulted me into the realm of motivational speaking. My true gift in life is the ability to see things in a way that I believe God wants us to see. I have it, therefore, I try my best to pass it along to as many people as I possibly can. I want to help people tap into a space of knowing they have the power to change their life for the better.

What makes you resilient?

What makes me resilient is experiencing the feelings of loss, heartache, or heartbreak and grieving for a period of time but learning how to see it for what it is, experiencing it (not running from it), and moving on. I believe that life is meant to resurface us. We're meant to live a good life...and yes, we are meant to learn from mistakes, failures, and even heartache, but it's to help us grow and teach others how to overcome.

Resistance vs. Acceptance is the key. If we resist the negative things that happen to us, we stay in a position of being stagnant and not moving forward. However, if you accept things for what they are, you begin to change the outlook on what you're going through, hence, acceptance and it will move you back to a position of being on top. I wish I could explain it more in-depth, but that's why it's important to identify thought leaders, motivational coaches who can help you move through hard times in life.

How do you deal with setbacks?

Setbacks are merely a time to self-reflect. Listen, I'm not saying that it doesn't hurt to have setbacks or that they

"My true gift in life is the ability to see things in a way that I believe God wants us to see. I have it, therefore, I try my best to pass it along to as many people as I possibly can"

~ Robin Ayers

can't be embarrassing. I'm just saying that if you change your mindset on how you look at it, a setback can be seen as something to be grateful for. I usually take time to reflect on what hindered me from excelling in the thing I tried to accomplish and I'll reset. The reset comes with more thought, more planning, or whatever other adjustments that need to be made.

How do you cope with the pressure?

I used to do a lot of things under pressure, including putting projects out before they



Photo courtesy of Robin Ayers

were ready. I remember when I decided to become an entertainment host I interviewed all kinds of celebrities and even though my supporters enjoyed it, they'd always say, "So who's next Robin?" I felt the need to always be "doing" something, interviewing someone, or be on the next red carpet. I wasn't giving myself an opportunity to sit and marvel at my own accomplishments. Even with social media or any other endeavor, I've given myself permission to just do me, and be myself in my own timing. I remind myself daily that I'm cool right where I am. We're all on a different page and in a different book than each other, so there should be no pressure to compete or feel rushed to do anything other than what we want.

What has been your biggest failure to date and how did you deal with it?

My biggest failure is putting my time into other people's dreams and not dedicating the same to myself. For years, friends and peers got the best of Robin Ayers...my energy, my ideas, my resources and most importantly, my time. This was all a product of being afraid to try things for myself. Any ideas that I had, I pushed off on other people because I felt they could achieve it better than I could. It's an unfortunate mistake, because at some point I realized that those ideas were given to me from God. Therefore, He would have made a way for me to make it happen. I've since restructured my thought process. Whether I win or take a loss, I'll at least try. I took a chapter out of my own book (Unspoken Languages) that says, "Jump and Your Wings Will Grow". That's what I believe and what I will stick to for the rest of my life.

Tell me about a time when you had to deal with a major crisis.

I've dealt with the loss of my brother who was shot and killed in a street fight. It was a sudden tragedy that caused so much hurt and pain. Ultimately though, I dealt with it the same as I do any crisis. I feel it, grieve it, take it for what it is, then move forward with gratitude that I



Photo courtesy of Robin Ayers

"I felt the need to always be "doing" something, interviewing someone, or be on the next red carpet. I wasn't giving myself an opportunity to sit and marvel at my own accomplishments.

~ Robin Ayers

experienced life with him. People don't want to believe that it can be just as simple as that. I've had people try to convince me that I was not "over" the death of my brother which happened 12 years ago. They wanted to tell me that I've suppressed my feelings to look brave, which is not the case. I believe in getting help by all means necessary. I believe in therapy, counseling, coaching, and any other means of coping with a major crisis, but, I've learned that a God-given mindset will always help me best.

Describe a time when something didn't work out as well as you'd hoped. What did you do and what did you learn from it?

When I published my 2nd book, The RA Report, I rushed the process, simply because I was trying to duplicate what I did when I launched my first book. I rushed it for no real reason, and even though I had gotten sales when I launched, I knew in my heart that I wasn't ready and I would be cheating people if I went through with it. So, what I did was return everyone's money. Yup! I refunded everyone and told them the truth, that I wasn't ready to release the book and that I would launch it at a later date. I felt a sense of relief being truthful with my supporters. I don't feel like I need to be "right" or "perfect" all of the time.

Being human is what people want to see. That's how I built a community in the first place. I learned to stop getting in my own way. I learned that it's okay to take your time and not feel pressured into anything.

Tell me about a time when you worked with someone you didn't agree with?

I work with people I don't agree with all the time, agreement is not a requirement for me, intelligence is. I actually appreciate differing opinions from mine, I tend to walk away smarter from those conversations. It's more of a nice to have, not a need to have. As long as we can express our thoughts respectfully and flow in a space of appreciation for what one another is saying, I'm good.

How would you respond if you received negative feedback from your manager?

Although I haven't worked with a manager in over 15 years, I still have feedback from other people that matter to me. I try to hear everyone out, and even if it's harsh or what I feel could be unnecessary, I try to at least hear the truth in what is being said. After that, it's up to me to make the necessary changes and just do better. Or sometimes, it's cool to realize that nothing needs to change at all. Sometimes your ways are just your ways and other people can choose to adapt to them or not. But if this is an ongoing working relationship with a manager or anyone else, there does need to be a level of understanding on both parties.

For more information on Robin Ayers, follow her @RobinAyers

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Five Women - Ten Questions

**10 THINGS YOU DID NOT KNOW
ABOUT SOME OF THE MOST
RESILIENT WOMEN**

One



CHICAGO, IL

ALTHEA MCINTYRE



@ALTHEAMCINTRE

1 - Who are you and what do you do?

"I'm a Business Coach & Mentor to established Christ-Centered Female Entrepreneurs. I help my clients own their value in the marketplace, monetize their God-given gifts, and grow profitable Spirit-led businesses.

2 - What is your favorite thing to do?

It's hard to choose one! There are so many. However, indulging in the latest fashion trends, working out, reading, travelling internationally, spending time in nature, studying the Word of God and spending time with close friends and family are some of my favorites.

3 - What is your favorite getaway?

Traveling to the West Indies, particularly Jamaica, the country where my parents are from.

4 - What is your favorite restaurant?

My mom's kitchen. Just thinking about her ackee and saltfish, fried plantains, bami, boiled green bananas, bami, and johnny cakes, a traditional Jamaican breakfast, makes my mouth water.

5 - Name a song you play daily or on the regular? Why?

Travis Greene's "Made A Way" is in my daily worship rotation and has been for the past 5 years. It reminds me of who God is and what He can and will do for His people.

6 - Who has the greatest impact on your life?

My parents. I've been blessed with such amazing parents. I was raised in a very happy and loving home, for which I am forever grateful for.

7 - What makes you cry?

Almost EVERYTHING. I'm a cry baby (laughing). Seriously, I'm an empath which is why I'm easily overwhelmed by the media.

8 - Name something no one would ever guess about you?

My Creative Director recently told me that, "No one would ever guess that you are very soft. You are gentle and vulnerable. Your expertise and experience precede you but, your heart shows up."

9 - What is the greatest gift you could give someone?

My time, compassion and listening ear - followed by my prayer.

10 - What is your greatest accomplishment?

Moving back home to Chicago after living in Washington, DC for 9 years to be one of my daddy's caregivers after he was diagnosed with terminal disease.

"indulging in the latest fashion trends, working out, reading, travelling internationally, spending time in nature, studying the Word of God and spending time with close friends and family are some of my favorites"

~ Althea McIntyre

Connect With Althea McIntyre At:

Website: www.altheamcintyre.com

Two



CHICAGO, IL

GLEND A HAYES



@GLEND AHAYES

1 - Who are you and what do you do?

My name is Glenda C. Hayes. I am a Certified Childcare Director for the State of Georgia and a Customer Service Representative for a Famous Retail Store.

2 - What is your favorite thing to do?

My favorite thing to do is to read a good book while relaxing.

3 - What is your favorite getaway?

My favorite getaway is Orlando, FL. I go with my family to relax and bond together.

4 - What is your favorite restaurant?

I love Portillo's Restaurant in Chicago, IL. I love their Chocolate Shake Cake and their Italian Beef.

5 - Name a song you play daily or on the regular? Why?

God is/ My All by Ricky Dillard and New G. I play these songs daily because it reminds me no matter what I go through God is always there through it all.

6 - Who has the greatest impact on your life?

The greatest person to ever impact my life is My Former Pastor the Late Apostle Christine Morris. She instilled the Foundation of the Word of God in me and still to this day I hold it close to my heart.

7 - What makes you cry?

Seeing a Child suffering and in need. Children shouldn't be without anything in this World so to see one without makes my heart ache.

8 - Name something no one would ever guess about you?

One thing people would never guess about me is I love Harley Davidson Motorcycle. I'm

actually saving for a 3 wheeler black and white Harley.

9 - What is the greatest gift you could give someone?

The greatest gift I could give someone is laughter for the soul. I love to make people smile by making them laugh.

10 - What is your greatest accomplishment?

The greatest accomplishment I achieve is becoming Ms. Exquisite Full Figured Georgia. The day I won was so surreal that it took my family face's to confirm it. It was the hardest but most fulfilling day of my life.

"The greatest person to ever impact my life is My Former Pastor the Late Apostle Christine Morris. She instilled the Foundation of the Word of God in me and still to this day I hold it close to my heart"

~ Glenda Hayes

Connect With Glenda Hayes At:

<https://www.facebook.com/GlendaHayes/>

Instagram: <https://www.instagram.com/glendahayes/>

Three



CHICAGO, IL

JEANNIE WEBB



@JEANNIEWEBB

1 - Who are you and what do you do?

My name is Jeannie Webb, I am the Founder & CEO of Gourmonade Enterprises, LLC. Our company manufactures gourmet lemonade in six different flavors. I am the proud mother of two adult sons and one granddaughter.

2 - What is your favorite thing to do?

The most favorite thing I enjoy doing is relaxing in a nice, hot, bubble bath with scented candles placed around the tub. Out of all of the things that I enjoy, this is the most rewarding.

3 - What is your favorite getaway?

Out of all the places I've traveled, I must say that Niagara Falls, Canada has been my favorite getaway. The view of Niagara Falls is absolutely breathtaking. The experience of seeing this large body of water continuously flowing all around me is something that I will forever remember.

4 - What is your favorite restaurant?

I've eaten at several nice restaurants so I can't say that I have a favorite. Any place that provides good service, good food and have a nice ambiance is fine with me.

5 - Name a song you play daily or on the regular? Why?

The song that I play regularly is "Lord You Are Good" by Todd Galbreath. When I think about the goodness of Jesus and all that He's done for me, I can honestly say that the Lord has been good to me.

6 - Who has the greatest impact on your life?

My parents have had the greatest impact on my life. My father has given me great business lessons to be

successful and my mother gave me survival techniques.

7 - What makes you cry?

When I'm alone with The Holy Spirit and having a deep worship experience.

8 - Name something no one would ever guess about you?

No one would ever guess how ambitious I am. Once I start a project, there is no stopping me until it is complete.

9 - What is the greatest gift you could give someone?

The greatest gift I could give is my heart. Once that has been released, you have all of me.

10 - What is your greatest accomplishment?

Giving birth to my two sons supersedes anything that I could have ever done. They have grown to be very handsome and productive young men.

"Out of all the places I've traveled, I must say that Niagara Falls, Canada has been my favorite getaway"

~ Jeannie Webb

Connect With Jeannie Webb At:

<https://www.facebook.com/JeannieWebb/>

Four



CHICAGO, IL

HOLLY ANDREWS



@HOLLYANDREWS

1 - Who are you and what do you do?

Hi, I'm Holly Andrews. I am a 4th Grade teacher. In addition, I am a virtual instructor for special needs children

2 - What is your favorite thing to do?

My favorite thing to do is read and write poetry. Subconsciously, I believe I am a singer.... I enjoy that also.

3 - What is your favorite getaway?

My favorite getaway is anywhere down south. I love the snow and culture of Chicago but sometimes I want to see the sun land on the

beach. I especially enjoy Miami nights and the entire city of Atlanta, Georgia.

4 - What is your favorite restaurant?

My favorite restaurant is The Purple Pig Restaurant on Michigan Avenue. I absolutely love that place.

5 - Name a song you play daily or on the regular? Why?

Anything Beyonce!!!! I am her #1 fan. I can listen to both she and her husband, Jay-Z, for hours. Listening to the two of them is inspirational. Their stories are displayed through song. If I had to choose one, it would be "Listen" by Beyonce. The message and meaning of that song is powerful.

6 - Who has the greatest impact on your life?

My dad has had the greatest impact on my life. He keeps me going. I love my mom, but my dad is the epitome of love. My sisters and I fight over who loves him the most.

7 - What makes you cry?

People losing their loved ones to COVID-19 and not being able to say goodbye. Not being able to attend church as I use to. Not being able to teach my students when many of them are struggling virtually.

8 - Name something no one would ever guess about you?

I was born with an extra toe. It was removed at birth but the thought of it freaks me out bad. How weird, right?

9 - What is the greatest gift you could give someone?

Education. I love teaching and learning. I will teach new things daily and be completely satisfied. The reaction to a student learning is priceless.

10 - What is your greatest accomplishment?

Becoming an educator. It is so rewarding. I look back over everything I have done and none compare to walking in the classroom for the first time and hearing a student say Hello, Ms. Andrews.

"My favorite restaurant is The Purple Pig Restaurant on Michigan Avenue. I absolutely love that place"

~ Holly Andrews

Connect With Holly Andrews At:

<https://www.facebook.com/JeannieWebb/>

Five



CHICAGO, IL

COURTNEY LANG



@COURTALANG

1 - Who are you and what do you do?

My name is Courtney Lang. I am an accounts manager for Bank of America. I am married to Jason Lang. Together, we have two sons: Brandon (9) and Bryson (7).

2 - What is your favorite thing to do?

I have several pastimes but what I really enjoy most is crafting. I paint and sew when I have spare time. In addition, I like attending my son's sporting events. They are amazingly talented so there is always an activity or two to visit.

3 - What is your favorite getaway?

Traveling to the lake is my favorite. Lake Michigan is so

beautiful. There is so much peace surrounding that place. I can't explain it in words.

4 - What is your favorite restaurant?

My favorite place to eat is Oriole. This is one of the best fine dining restaurants in Chicago. My husband and I eat there every anniversary. It will never get old.

5 - Name a song you play daily or on the regular? Why?

I think the song my family hears the most from me is "The Way" by Jill Scott. I just love the sultriness of her voice. She is an entire mood. If I am not listening to her then it's definitely Common. I believe he wrote one of his albums specifically for me (prior to my marriage).

6 - Who has the greatest impact on your life?

My husband and my sons. My "boys" make me feel unstoppable. They encourage me and love me to the ends of the earth. I value and appreciate them. I am seriously out-numbered in our home but they choose things based on my feelings and I love that. I am so grateful for these beautiful souls.

7 - What makes you cry?

Any gesture of kindness. I am so appreciative of life in itself. I cry thinking about how good God has been to me and how amazing life has been with him and my family.

8 - Name something no one would ever guess about you?

I had a twin. She died at birth. Apart of me feels as though she gave me extra life through her death. Everything I needed came in the form of double as a result of her absence.

9 - What is the greatest gift you could give someone?

Patience. I am a great listener and believer. I believe that people can and will change when the time is right. I have patience to wait it out and see the works of God manifest in the lives of others.

10 - What is your greatest accomplishment?

I don't think this has happened yet. There are still some goals I am waiting to achieve. I am sure by next year this time, I will be ready to answer this question.

"My "boys" make me feel unstoppable. They encourage me and love me to the ends of the earth. I value and appreciate them"

~ Courtney Lang

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<https://www.facebook.com/CourtALang/>



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THE ULTIMATE DOPE LIST

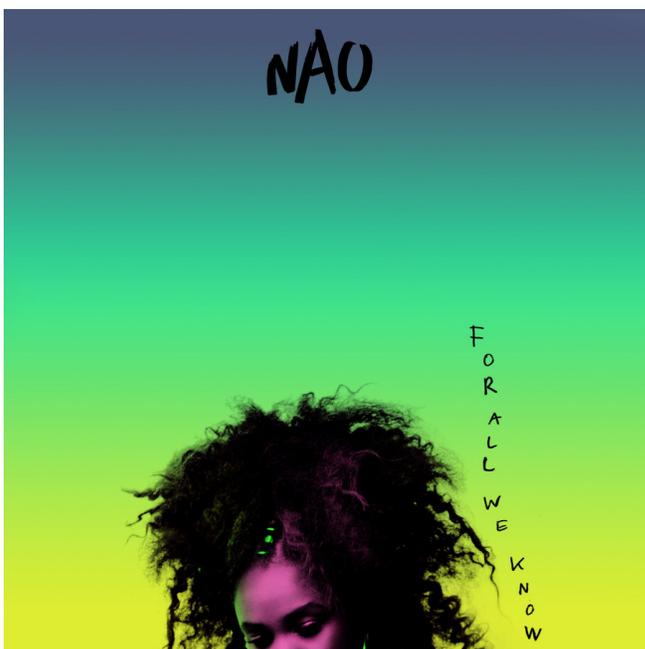
TOP LISTINGS OF FEMALE MUSICIANS,
PODCASTERS AND AUTHORS

WRITTEN BY TEIA ACKER-MOORE



THE ULTIMATE LIST OF

DOPE MUSIC



By Teia Acker-Moore
of Resilient Living Radio

You can probably imagine me sitting here in front of my computer listening to some lovely music while I seek for inspiration for next month's issue. Well, if you guessed that, you are correct.

Music controls my day-to-day vibes. Depending on my mood, I have several female singers that I can connect with. Lately, as the time has changed and the holidays are approaching, my mood has shifted to that of love, peace, and positivity. I can only think of three women that have achieved all three of these aspects in one album.

At the moment I am

listening to music from Jhené Aiko, Ari Lennox, and H.E.R. I chose these artist because of the meaning of all the lyrics inside the song. Listen carefully to each word as you listen to the song. You will find the elements (as described earlier) - love, peace and positivity.

Here is this month's Top 3 female musicians.

Stop, Look, and Listen!!!



THE ULTIMATE LIST OF

DOPE PODCASTS



By Teia Acker-Moore
of Getnoticed-The Podcast

As the world becomes busier, the podcast format has become incredibly popular. Audio content allows the listener to multitask. A recent study showed that while 49% of podcast listening happens at home, 22% happens while driving, 11% at work, and 8% while exercising.

Podcast audio content gives listeners the ability to dive into topics without having to set aside time to read or watch a video. Podcasts also offer articles in smaller bite-sized chunks perfect for daily

commutes or busy routines.

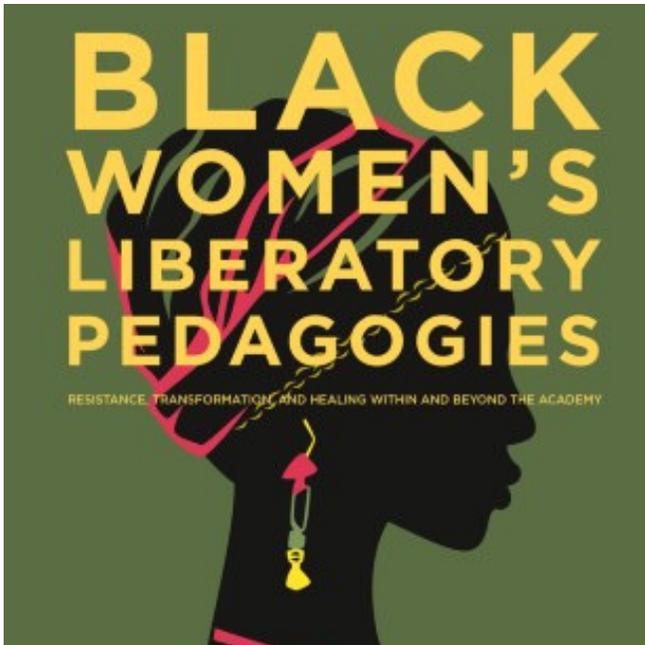
While I am an avid podcaster, I enjoy listening to these ladies from time to time. Their shows are electric, eccentric and much needed most days.

If you are into podcasting, I recommend you save the stations of these amazing women.

Here is this month's Top 3 female podcasts.

Stop, Look, and Listen!!!

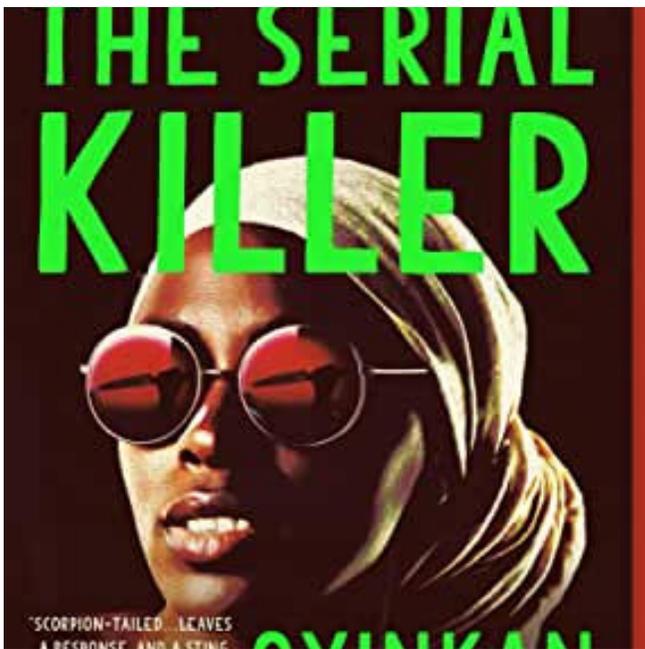




THE ULTIMATE LIST OF

DOPE AUTHORS

By Teia Acker-Moore
of MOORE BOOKS, LLC.



While I believe reading empowers people, I also believe it offers them empathy to live in the shadow of others while discovering themselves. Good books can provide an advancement in education and various methods to improving one's life. The goal of most authors is to provide affordable means for others to enjoy some of the greatest literary, contemporary and various genres of work our world has been awarded to have.

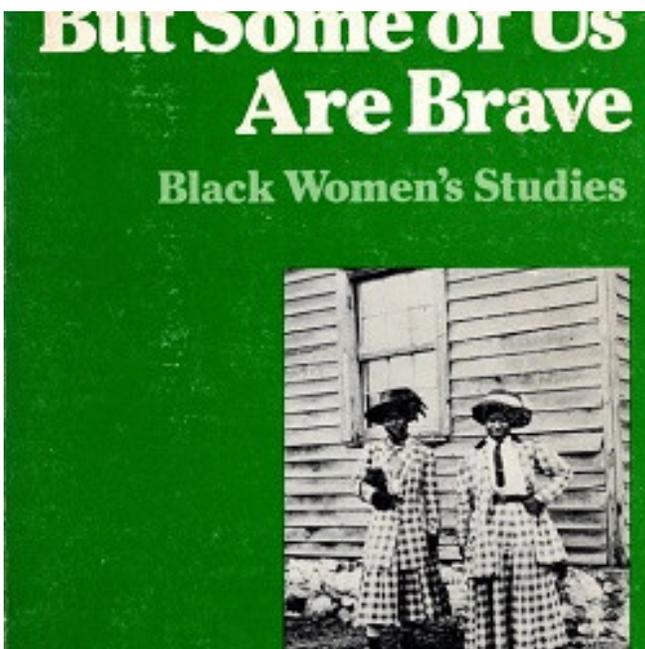
Most authors feel the same way. They want to ensure the message has been conveyed in an epic way.

While in quarantine or in your spare time, I encourage you to check out the following books by some of the most amazing black women.

Here is this month's Top 3 female authors.

Stop, Look, and READ!!

Being an author, I am always concerned with the readers take away from my work.





NETFLIX
& Chill

S A V A G E F E N T Y

LINGERIE BY RIHANNA

Juan 4th 2007



WAIKIKI
BEACH
COCONUT

24 HR MOISTURE
ULTRA SHEA
BODY CREAM

BATH & BODY WORKS
8 OZ • 226 g

STRESS RELIEF
WITH NATURAL ESSENTIAL OILS
SANDALWOOD + EUCALYPTUS
ALL-OVER MIST
BATH & BODY WORKS
AROMATHERAPY 1990
EST. 5.3 FL OZ / 156 mL

SHEA & VITAMIN E
shower gel
Bath & Body Works
10 FL OZ / 295 mL

HAWAII
WAIKIKI
BATH & BODY WORKS
COCONUT
MILK
MOISTURIZING
MIST
WAIKIKI BEACH
COCONUT

PocketBac
VANILLA
COCONUT
ANTI-BACTERIAL HAND GEL
1 FL OZ / 29 mL

WAIKIKI

BATH & BODY WORKS

WAIKIKI
BEACH
COCONUT

SHOWER GEL

AROMATHERAPY



EST. 1990
BATH & BODY WORKS

Stress Relief
ISLAND EDITION
SANDALWOOD
EUCALYPTUS

3 - STEPS TO CREATE CONFIDENCE THAT GOES BEYOND SKIN DEEP

By: Victoria Baylor, Mindset & Clarity Coach, TEDx Speaker

Who doesn't appreciate the power of makeup? What about buying your favorite hair care products or even treating yourself to a decadent mani-pedi appointment? If this is you then you're not the only one. The global beauty industry in 2019 made upwards of \$532 Billion Dollars and it's projected to reach at least \$800 Billion by 2025. And by beauty, this includes everything to do with hair, cosmetics, skincare, perfumes, etc. As you can see data shows the beauty industry is big business. Surprisingly beauty profits aren't even significantly impacted by negative times. Believe it or not, negative economic conditions can have the opposite effect. Due to a phenomenon called the "Lipstick Effect," a theory proposed by Professor Juliet Shor back in 1999 in her book *The Over-Spent American*, Shor says "women depend on certain cosmetics that will help them through the tough times". It goes without saying that beauty products have a huge impact on how we feel about ourselves.

There is nothing wrong with the desire to be beautiful or beautified. Hey, we are social and visual creatures and we want to put our best foot forward and make the best impressions. Whether if it's through social events, or in a business setting, or just plain for yourself again, there's nothing wrong with wanting to look your best. But oftentimes our external beauty is the biggest distraction. Sometimes while being focused on



how we look externally it's easy to lose notice of how confident we feel about ourselves on the inside. The exterior beauty becomes the mask to hide our inner insecurities. In an effort to ensure your internal well-being is cared for like your exterior, it's so important to be mindful of the state of your confidence.

Your confidence is important externally but it's one of the greatest tools to determine what's really going on with you on the inside. The label "confidence" is thrown around a lot and the word is often misunderstood. Confidence isn't always displayed by the loudest person in the room. It isn't necessarily the result of the person who shows up always front and center. Merriam Webster's dictionary defines confidence as the "self-assuredness of one's own unique abilities and qualities". So simply put it means having the awareness and trust in your own uniqueness. Confidence isn't just something you should think about occasionally it is the lifeblood to everything you do and to the success your future holds. Having such awareness and trust in yourself makes it easier to take action. Without confidence it's hard to try new things, take risks and push toward your personal and professional goals.

But unlike a bottle of your favorite perfume that's almost empty, it isn't always easy to spot when you're running low on confidence. Oftentimes you are the last one to know. The confidence struggle is a bigger epidemic than many women realize. Statistics show that when it comes down to competence and confidence, women are highly competent but struggle with showing confidence through owning their abilities and being assertive about them.

And unfortunately, it's this type of reservation and self-doubt that can often open the door for other issues like the imposter syndrome, insecurity, etc. As a Mindset and Clarity Coach, I've seen the crippling effects of confidence challenges and help clients move past them. I can relate on a deeper level due to my own struggles with my confidence caused by my perfectionistic tendencies in my earlier life.

So the biggest question is how your confidence these days? Just like taking one's pulse or watching one's blood pressure, it's important to be aware of your confidence levels. How do you know if your confidence is in trouble? Consider your answers to the following questions:

- 1. Do you tend to avoid challenges more now than you did in the past? Are you more hesitant and doubtful of your abilities?**
- 2. Do you find that you are very sensitive to criticism? A negative remark from one can take a few hours or days to shake off?**
- 3. Do you find yourself giving up easier when there's a problem ---even if you know you can solve it?**
- 4. Do you refrain from speaking up for yourself or even saying the answer to a problem even when you know the answer?**

If you found yourself saying yes to 2 of these or more your confidence can be slipping. To work on getting your confidence to optimum levels and beyond consider the following action plan:

1. Work with an appropriate coach (such as myself) and/or Counselor that specializes in helping you

regain your confidence. They can pinpoint the challenge areas which are often difficult for you to figure out on your own. Oftentimes your "confidence leak" can be coming from a place you least expect.

2. Take inventory of your wins and celebrate them. Be sure to keep a written log of your wins as evidence to serve as reminders of why you should be confident in your abilities. Keep a victory file to keep all of your wins in one place. Celebrating your wins is a great way to mentally enforce and validate your confidence.

3. Practice task stacking. While you are beautifying yourself (putting on makeup, doing a pedi, etc.) be

sure to also compliment yourself and say all of the things you and others admire and appreciate about yourself. This will help fight against negative thinking that only undercuts your confidence.

The greatest thing a woman can do is be proud of and beautify herself but to also be confident in who she is. In the words of Barrie Davenport, "True Beauty is the flame of self-confidence that shines from the inside out". And I wish for you always to have a flame that never burns out!



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WHISTLES



Resilient Credit

Ways To Maximize Your Income Tax Return

Tonice Cooper, Credit Strategist



Photo courtesy of Tonice Cooper

How can you maximize your income tax return amid a pandemic? This article is going to give you three top ideas to help you get ahead financially using your tax returns. There are ways you should and should not spend your tax return. Identifying what to do with your return is the first step toward real financial intelligence and freedom.

Since 2020, what was the norm has become the exception, and the global economy maybe heading towards a recession. Using your income tax return wisely is the key to surviving tough times. Whether you are self-employed or you work a typical 9-5, these tips below are essential if you want your money to work for you.

1 - Beef up your savings.

The proverbial principle of gathering whilst it is the season of plenty to prepare for the famine is very relevant in today's economy. A great way to cushion yourself from any potential money issues is to have a significant amount of savings. Financial experts recommend your savings must take care of all your expenses for at least a year. According to the Federal Deposit Insurance Corporation, interest rates on savings deposits average 0.05 per annum. This is a smart way to grow your money.

2- Invest.

We tout the word invest all over financial forums and news articles, but what does it mean? How will an investment help you maximize your income tax return? It is very simple. An excellent investment is one that will make you a profit consistently and steadily over time. It can help you live out your golden years in relative comfort. If you have no immediate use for your tax return, why not invest it?

3- Reduce your debt.

The murky water that is high-interest credit card debt is very hard to swim away from. Most people are only paying off the minimum amount required on their credit card balance. This rakes up quite significant interest charges annually, especially considering that the APR charges can be as high as 26% according to U.S. News. Financially sound use of your income tax return is to pay off as much of your credit card balance as you can.

This will save you a lot of money, and the less credit utilization you have, the better your credit score.

Some honorable mentions. If these top three tips do not pique your interest, there are a few other things that you can spend your tax return on.

These include:

- Set up a 529 plan for your children
- Set up an emergency fund
- Support a local charity

The bottom line is this. Splurging your income tax return is not a financially wise decision. There are so many meaningful areas that you can dedicate your tax return to. The goal is to always be financially sound, especially now. These new uncharted waters need us to have alternative ways of conducting business.

Every month, in RESILIENT magazine, look for credit tips and relevant information that will boost you in the right direction to restoring your credit. If interested in a free credit consultation, I am here to help you restore your credit and to put you in a better financial position. Also, order the Vantage Point Financial Wellness Planner to effectively manage your budget, credit and debt. It includes 12 dateless months (so there's no wasted space in your planner) goal planning sheets, monthly affirmations, credit tips, debt management, space for notes and this is just to name a few.

You can do both at www.vantagepointcreditsolutions.com.

Tonice Cooper, Credit Strategist Vantage Point Credit Solutions

The advertisement features the Vantage Point Credit Solutions logo at the top, followed by the title "FINANCIAL WELLNESS PLANNER" in large, bold, red letters. Below the title, five spiral-bound planners are displayed in a row, each with a cover featuring a small plant growing from a stack of coins. The tagline "EFFECTIVELY MANAGE YOUR BUDGET, CREDIT AND DEBT!" is written in white on a black background. The website "www.vantagepointcreditsolutions.com" is prominently displayed in red, with a signature "CoCo" above it. At the bottom, it states "AVAILABLE FOR PURCHASE NOW!" and lists payment methods: PayPal, VISA, MasterCard, and AMERICAN EXPRESS. A red circular badge indicates a "\$25 +tax" discount.



The Skin
I'm In....

No More Pr(HE)tending



“When you
become the
image of your
own imagination,
it's the most
powerful thing
you could ever
do.” ...

~ Ru Paul



I dance to the
beat of a
different
drummer

~ Ru Paul



My focus is on
love and
inclusiveness.

~ Ru Paul



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TAZO®

Knowledge Is Dynamis

Wellness And Ready With April Mixon Jones

Now that the new year has come in, it is a great time to self evaluate. The majority may do this at the end of the year in hopes of improving for the new year. This is appropriate, but then what. At times we can get caught up in "New Year resolutions", as if this is the magical answer. The majority of people do not even stick to their resolution. Some even make it an unhealthy practice because it causes them stress.

This year let us take a different approach. Honestly evaluate where you are right now. Do not look at where you were last year. Do not look at where you want to be (not yet). Where are you in your life right now? Now write it down. As we know there is always room for improvement. Take your list and write a pro and a con for each item on your list. Now gradually work on your cons.

Take your first con and for 21 days work only on that one. This is a stress free way to change your con into a pro. You will steadily create change with no pressure. You could even have an accountability partner, but only if they are encouraging and non-

judgemental. You may contact me if you would like me to be your accountability partner.

Tip #1- Remember in this journey called life, there will always be pros and cons; however work diligently to be the best YOU.

Tip #2 - Leave the stress in the past. This is still a new year. Use relaxation techniques or meditation or even prayer before attempting anything.

Tip #3 - Add more fruits and vegetables to your life. Try ones that you do not eat regularly.

Here is a short list.

1. Cherimoya
2. Black Radish
3. Chayote
4. Dandelion Greens
5. Dulse

Tip #4 - At this time in our lives, many if not all, have been impacted by covid-19(coronavirus) in some way. Here are some measures we can take. Eat, drink and inhale citrus every day. Take zinc, vitamin D and a multivitamin every day. Of course wear a mask, sanitize and social distance as much as possible.

I would love to hear from you. When you have questions that fall under health and wellness or if you want an accountability partner, you can email me at knowledgeisdunamis@gmail.com.

“At times we can get caught up in "New Year resolutions", as if this is the magical answer.”

~ April Mixon Jones



INTERNATIONAL



Women's Day

#strongertogether

Monday, March 8, 2021

Resiliently Fit

IT'S A LIFESTYLE CHANGE.

YOU'RE WORTH IT!

LET'S GET FIT TOGETHER.

with Tasha Devoe, Personal Trainer



RESILIENT HEALTH & FITNESS

Some say it's time for March Madness while others are trying to obtain the luck of the leprechaun. Well for me and others in corporations or business it's the close of the first quarter and it's about a strong finish. So this month's workout will focus on that our STRENGTH. As a person of resilience we possess a strength that most cannot fathom so lets ensure that our physical matches the rest.

LET'S GO, LET'S WORK QUICK 15 MINUTE WORKOUT

Strength Workout

- 60 sec jog in place (warm up)
- 45 sec wall sit
- 25 Walking lunges each leg
- 45 sec Squat jumps
- 25 Wall push ups
- 45 Sec elbow plank
- 25 Mountain climbers
- 45 sec modified push ups
- 25 Donkey kicks each leg
- 45 sec Superman
- 25 Elbow to knee tucks each leg

Complete 2 more sets

****Don't forget to stretch and hydrate****

Yesssss!!!! You're so for real this time about eating healthier and I must say I AM PROUD OF YOU!!!! The pandemic has definitely allowed us the opportunity to play around in the kitchen more and my taste buds are glad about it. So let's be honest sometimes we are TIRED. There's no desire to stand in the kitchen cooking. So below you'll find a salad with flavors that burst, it's filling, and did I mention AMAZING!!

Grilled Chicken & Strawberry Spinach Salad

Ingredients: Sliced strawberries, grilled chicken tenders, baby spinach, diced red onions, chopped pecans, olive oil, balsamic vinegar, a drizzle of honey, black pepper, oregano, and feta cheese

Directions: Season and grill chicken tenders, heat skillet with a touch of olive oil and cook on both side for 3 minutes or until done. Remove from pan and let sit.

Homemade dressing: olive oil, balsamic vinegar, oregano, black pepper, some of your sliced strawberries, and drizzle of honey in a bowl whisking together.

Plate your baby spinach topping it with your grilled chicken, your remaining strawberries, the diced red onions, chopped pecans, feta cheese, and top with your homemade dressing!!! You've got dinner and lunch for tomorrow!

**FIT WITH TASHA OFFERS IN-PERSON AND
VIRTUAL TRAINING MONDAY – FRIDAY
LET'S GET FIT TOGETHER!!**



le macaron



french pastries

CAPRICORN

Maybe you will buy some home décor, and if it is possible, make sure you pay it up in installments, so you don't spend all the money at once. You succeed in anything that has to do with you solving matters that hold you in place.

AQUARIUS

Perhaps you will reconsider the relationship with some of your friends, so you don't give up on them, but see each other in certain conditions. Maybe you will start a new professional adventure and be delighted with the results.

PISCES

Singles will find love partners through good communication. Family relationships will be volatile. Professional growth will be excellent and financial flow will be copious.

ARIES

This month is dominated by ambitions and personal goals, the professional life being at the maximum point since March 20. You will also enjoy many financial opportunities, but in love, you might hit the jackpot.

TAURUS

The professional side is well-represented, but not as well as the romantic life, which is at its peak. Spiritually, a visible improvement occurs, and this will encourage you to focus more on your personal goals.

GEMINI

In terms of career, the situation will change for the better, new advancement opportunities occurring, but the financial aspect, unfortunately, will be in regress.

CANCER

The energetic presence of Mars enlightens the house of humanitarian activities and groups. The Cancers will socialize more than usual, attend fundraisings successfully, and help many people by volunteering in various forms.

LEO

Maybe you can do something to make things a bit easier regarding your monthly installments, better dealing with your expenses, and having some money for fun. You will recover both physically and mentally.

VIRGO

Uranus, the planet of unpredictability, will be in conjunction with Mercury, the ruling planet of Virgo, during the same period when the New Moon rises in Pisces, starting from March 13.

LIBRA

The most favored Libra people now are those who are married or who are involved in a stable relationship. Now is the moment for most Libras to decide if they want to enter into a partnership, to choose a new partner for their business.

SCORPIO

Until March 22, some family issues might keep you stressed out, but fortunately, with the help of your lover, you will manage to overcome them. The romantic life is at its peak, and it is not out of the question to increase your family size soon.

SAGITARIUS

Social intelligence is essential during this month if you want to achieve your professional goals. Saturn will influence your financial situation and will determine you to work even more.



31 of the most Amazing Women

Ty Lewis

Atlanta, Georgia

Michelle Booker

Atlanta, Georgia

Niyoka McCoy

Jacksonville, Florida

April Bearden

Charlotte, North Carolina

Tatia Fox

New York, New York

Michelle Alvarado

Savannah, Georgia

Chase Hunter

Houston, Texas

Felicia Nicole

Los Angeles, California

Dr. LaShanda Gary

Houston, Texas

Carolyn Johnson

Star, Idaho

Dr. Jasmine D. Jackson

Washington, D.C.

C.J. Smith

San Diego, California

Tori Hayward

Bessemer, Alabama

Marilyn McDonald

Savannah, Georgia

Dr. Vena Doll

Miami, Florida

Jackie Fleming

Atlanta, Georgia

Felicia B. Wright

Jacksonville, Florida

Yolanda Best

Savannah, Georgia

Deanna Byfield

Orange Park, Florida

Dione Wilson

Titusville, Florida

Alandria Lloyd

Atlanta, Georgia

Comia Flynn

Savannah, Georgia

Tangela Peoples

Hardeeville, South Carolina

Linsey Bivens

Dallas, Texas

Taurea Avant

Houston, Texas

Briana Smart

Atlanta, Georgia

Anita Sandford

Newport News, Virginia

Martha Cooper-Hudson

Charlotte, North Carolina

C. Raquel Walker

Augusta, Georgia

Grace Davis

Warner Robbins, Georgia

Dr. Ramona L. Epps

Savannah, Georgia



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