

CIRCLE OF BOSS SISTERS C.O.B.S.

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KING'S COURT

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OF HAUS OF NOIRE

QUEEN'S COURT

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CEO/FOUNDER OF
CALLIE'S CUSTOM
HAT WIG'S

WOMEN INNOVATORS

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FIRM

WOMEN WERK

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BEAUTY SPOTLIGHT

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FASHION SPOTLIGHT

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04 **EDITOR'S NOTE**
Dr. Trevi Booker-Pershay



06 **FEATURED STORY**
Dr. Chikera Beckford



08 **KING'S COURT**
Raymond Lyles



10 **QUEEN'S COURT**
Tralice Lewis



12 **SPOTLIGHT CORNER**
Dawn E. Thornton



14 **HAIR CORNER**
Nisha Pershay

CONTENTS



16 **WOMEN WERK**
Latrice Galloway-Crawford



17 **FITNESS CORNER**
Arielle Pershay



18 **FASHION CORNER**
Kahlana Barfield Brown



20 **BEAUTY SPOTLIGHT**
Danessa Myricks



22 **WOMEN INNOVATORS**
Adrienne Bennett



27 **YOUNG ENTREPRENEUR**
Brooklyn Anderson

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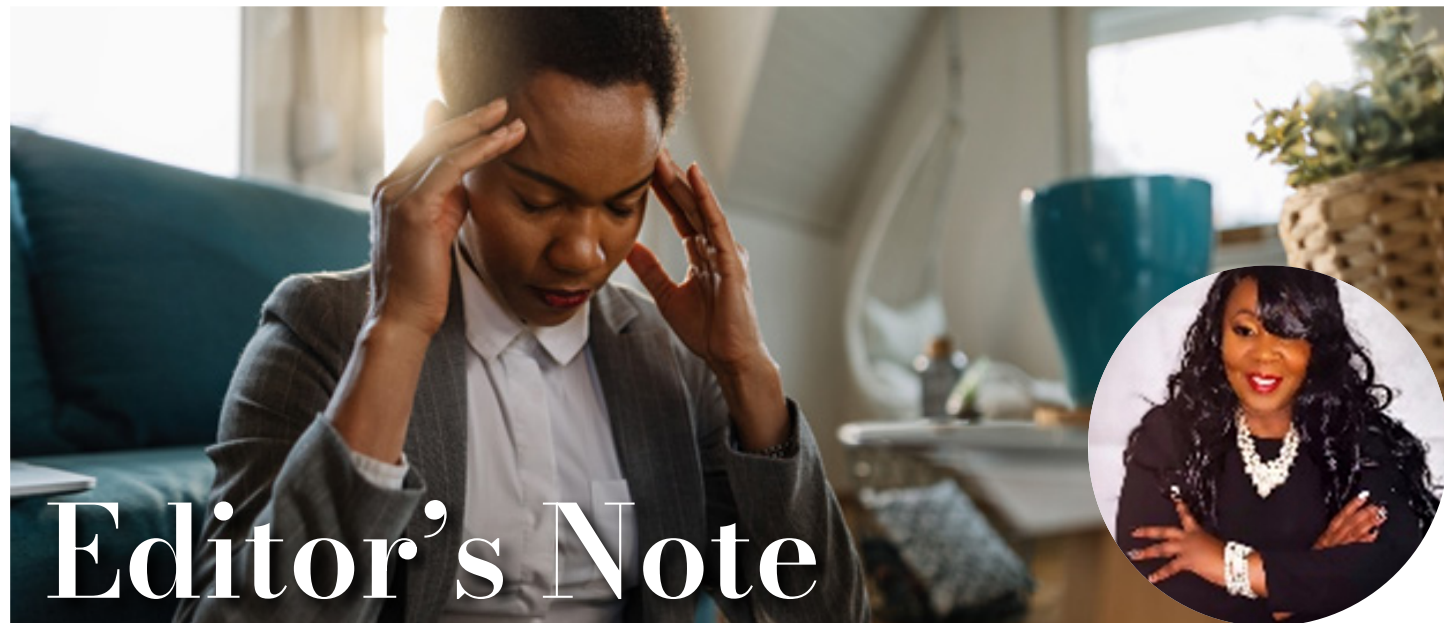
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Editor's Note

THE SPIRIT OF EXHAUSTION

PUSHING THROUGH WHEN LIFE HITS HARD

WRITTEN BY DR. TREVI BOOKER PERSHAY

Entrepreneurship is not for the faint of heart. It's a journey filled with triumphs, setbacks, and moments that test your FAITH. I like to call this phase "The Spirit of Exhaustion," when life throws everything it has at you, pushing you to the edge and daring you to quit. But here's the truth: Don't.

As long as you live on this earth, you will experience discouragement, disappointment, failure, success, frustration, depression, and all the emotions that are associated with human emotions. How do I navigate through this?

There will be times when you feel undervalued, unappreciated, and taken advantage of. The weight of rejection, financial strain, and lack of support can make you question your purpose. However, these moments of struggle are often the gateways to transformation and success.

Regroup

When the world feels overwhelming, step back. Take a deep breath and disconnect from the chaos. Seek solace in moments of quiet reflection or a change of scenery. This pause allows you to clear your mind and refocus your energy. Every day, I get up 1 hour before it's time to go to work, pray, and meditate.

Reset

Revisit your goals and dreams. Why did you start this journey? What ignited your passion in the first place? You'll find renewed strength and clarity by reconnecting with your core mission. Remember, success is a marathon, not a sprint.

Re-evaluate

Assess your strategies and partnerships. Are you surrounding yourself with the right people? Are you allocating your resources effectively? Sometimes, small adjustments can make a significant difference. Seek mentorship, learn from failures, and adapt to new opportunities.

The Power of Perseverance

Great entrepreneurs are not defined by their success alone but by their ability to withstand adversity. The spirit of exhaustion is temporary, but the rewards of persistence are everlasting. Stay committed to your vision, and let your passion drive you forward.

So, when life hits you with everything it has, stand tall. Regroup, reset, and re-evaluate. The world needs what you have to offer. Don't give up.

CIRCLE OF BOSS SISTERS
C.O.B.S

National Poetry Month

family

April 2025



Featured Story

DR. CHIKERA BECKFORD

A VISIONARY LEADER, TRAILBLAZER,
AND TRANSFORMATIONAL SPEAKER

WRITTEN BY: C.O.B.S EDITORIAL TEAM

Dr. Chikera Beckford is a powerhouse of vision, resilience, and excellence—a leader who has shattered ceilings and redefined what it means to empower others through education and human resources. As the esteemed Founder and President of Exousia University, she has built more than an institution—she has created a global movement dedicated to equipping individuals with the knowledge, confidence, and tools to walk boldly in their purpose.

Beyond academia, Dr. Beckford's influence extends into the corridors of city government, where she serves as Assistant Commissioner of Human Resources and Labor Relations for a major New York City agency. With over two decades of leadership spanning corporate, non-profit, and governmental sectors, she is a dynamic force in talent management, workforce development, and strategic policy implementation.

Exousia University: A Legacy of Empowerment and Academic Excellence

Exousia University was not just founded—it was birthed from a calling. Dr. Beckford established this institution to bridge the gap for those who once dreamed of completing their education but were met with life's obstacles. She understood that many bright, ambitious individuals had to abandon their degrees due to financial constraints, personal setbacks, or life circumstances. Exousia University exists to give them a second chance.

Through accessible, high-quality education, the university offers students the ability to earn their degrees at an accelerated pace while maintaining flexibility for work, family, and other commitments. Under Dr. Beckford's leadership, Exousia University has empowered hundreds of students to reclaim their academic journeys and achieve professional excellence.

What sets Exousia University apart?

- **A 4-Month Accelerated Program** – Designed for ambitious professionals who want to fast-track their success and step confidently into their next level.
- **Comprehensive Degree Offerings** – Programs span Psychology, Christian Counseling, Chaplaincy, Coaching, Human Resources, Criminal Justice, Theology (Divinity), Prophetic Ministry, Practical Ministry, Pastoral Ministry, and Religious Fine Arts—equipping students with both knowledge and purpose-driven leadership skills.
- **An Inclusive and Supportive Learning Environment** – At Exousia, students are not just numbers; they are future leaders, world-changers, and visionaries. The university fosters a community of faith, ambition, and transformation.
- **Real-World Application** – Education at Exousia is not just about degrees—it's about preparing graduates to step into their calling, lead with confidence, and impact their industries and communities.

Dr. Beckford has personally mentored and guided countless students, watching them evolve from hesitant enrollees to graduates walking boldly into their destinies. She has also awarded honorary doctorates to game-changers and community leaders, amplifying their voices and contributions on a larger platform. Her feature on On the Mattered podcast highlights how she built Exousia University from scratch, overcoming obstacles with unwavering determination and divine faith. Her story resonates with those who believe in the power of education to transform communities and uplift generations.



A Career Rooted in Impact and Innovation

Dr. Beckford's expertise extends beyond academia—she is a trailblazer in workforce transformation, pioneering initiatives that have reshaped recruitment strategies across New York City. Her work has been instrumental in developing equitable and impactful hiring policies that benefit thousands of employees across multiple industries.

She has led and contributed to major recruitment and workforce development initiatives, including:

- Raise the Age Legislation for the NYC Administration for Children's Services
- The 14-Point Plan for the NYC Department of Correction
- Electro-Mechanical Hiring Strategies for the New York Transit Authority

Her ability to design innovative HR policies that uplift communities, create economic opportunities, and strengthen industries has positioned her as a sought-after strategist and thought leader in human resources and workforce development.

A Legacy of Leadership, Influence, and Transformation

Dr. Beckford's mission is clear: to uplift, educate, and inspire. She is not just an educator or a policymaker—she is a world-changer. Whether through leading transformational educational initiatives at Exousia University, revamping workforce policies to ensure equitable hiring practices, or sharing her wisdom on influential platforms, she remains steadfast in her pursuit of impact and empowerment. Her influence is not just professional—it's deeply personal. Exousia University has changed lives, including that of an honoree who shared:

"Receiving an honorary Doctorate from Exousia University opened countless doors for me, both in my career and within the community I serve. My daughter, Arielle Pershay, and my cousin, Gwendolyn Broughton, graduated with Bachelor's degrees, while my sister, Costonia Grey, earned a dual degree with a Master's and Ph.D. from Exousia University. Dr. Beckford's vision has transformed our lives and elevated our professional journeys." – Dr. Trevi Booker-Pershay

Dr. Beckford's legacy is one of perseverance, excellence, and transformational leadership. She doesn't just talk about success—she creates opportunities for others to achieve it.

A Featured Speaker and Influential Voice

Dr. Beckford's message of faith, determination, and leadership has been featured on major platforms, inspiring audiences far and wide. She was recently featured on FEM Talk, where she shared her powerful insights on leadership, education, and breaking barriers. Her ability to connect with audiences on a deep and personal level makes her a highly sought-after speaker for women's conferences, leadership summits, and empowerment events.

Dr. Beckford's unwavering commitment to empowering others through her story and expertise continues to leave a lasting impact. As a trailblazer in leadership and education, she remains dedicated to inspiring the next generation of leaders and changemakers. Whether on global stages or intimate gatherings, Dr. Beckford's voice resonates with authenticity and purpose, making her an influential force in the world of personal growth and empowerment.

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King's Court

RAYMOND LYLES

EMPOWERING YOUTH THROUGH FASHION
AND ART AT HAUS OF NOIRE

WRITTEN BY: C.O.B.S EDITORIAL TEAM

In an era where young people face increasing challenges related to identity and self-worth, Raymond Lyles, CEO and Founder of Haus of Noire, has dedicated his career to fostering self-confidence, artistic expression, and mental health awareness through fashion and the arts. With over a decade of experience spanning creative photography, film production, fine art, fashion shows, social media, advertising, event planning, and consulting services, Lyles has seamlessly blended his expertise to create a transformative space for youth.

The Birth of “Haus of Noire”

Lyles’ journey into the media and fashion industries gave him a unique lens into the struggles of young individuals grappling with identity crises. Recognizing the growing epidemic of mental health issues among youth, he founded Haus of Noire ten years ago with a mission to provide artistic education, mentorship, and mental health support for children and young adults. His organization continues to be a beacon of hope, offering structured programs designed to empower youth of all ages, genders, and backgrounds.

Haus of Noire: A Haven for Artistic Growth and Mental Well-Being

At the heart of is Haus of Noire, a dynamic program offering a wide range of classes tailored to artistic and mental health development. Designed for youth ages 5-25, these classes provide a structured yet creative environment where students can explore fashion, runway modeling, performing arts, and essential mental health strategies.

Each 10-week module features specialized courses that address:

- **Understanding Personal Beauty** – Encouraging self-love and acceptance.
- **Dressing for Success** – Teaching the importance of professional and personal presentation.
- **Performing Arts Training** – Enhancing dance, acting, and stage presence skills.
- **Mental Health Awareness** – Providing guidance on anxiety management, self-worth, and coping mechanisms for negative or suicidal thoughts.

Fashion as a Tool for Transformation

A key feature of the Haus of Noire program is its grand finale—an electrifying fashion show production held in the Bronx or Westchester area. This event not only showcases the talent and hard work of the participants but also serves as a testament to the power of love, mentorship, and community support in shaping future leaders and artists.

A Lasting Impact

Through his vision and dedication, Raymond Lyles has transformed Haus of Noire into more than just a fashion and arts organization; it is a movement that uplifts, educates, and empowers. By bridging the gap between artistic expression and mental health awareness, Lyles ensures that the next generation has the tools, confidence, and support necessary to thrive in their personal and professional lives.

For those looking to support or participate in this groundbreaking initiative, Haus of Noire continues to welcome aspiring artists, mental health advocates, and fashion enthusiasts to be part of a community that celebrates identity, resilience, and self-expression.



A Father’s Drive: Building the Future with Logan’s Light and the Haus of Noire”

In every moment of struggle and triumph, my son Logan Lyles is an unwavering beacon of light and motivation in my life. As I navigate the challenging world of entrepreneurship, particularly in my quest to introduce the Haus of Noire program in schools, he is my vital instrument, reminding me of the importance of mental health and the power of self-expression.

Logan’s journey has opened my eyes to the critical need for resources that support mental well-being, especially among young people. I see the curiosity, creativity, and challenges he faces daily, filling my heart with pride and determination. There are days when my responsibilities feel overwhelming, and I question whether I can continue. But in those moments of doubt, I look at Logan, and his endless enthusiasm becomes my driving force. He represents the hope, resilience, and potential the Haus of Noire program aims to nurture.

As a father, my greatest aspiration is to be the best version of myself for Logan. I strive to instill in him the belief that pursuing one’s passions can bring joy, fulfillment, and even healing. This program is more than just an initiative; it is a heartfelt endeavor to create a safe space where creativity and mental health intertwine, empowering youth to express themselves artistically while fostering their emotional well-being. Through Haus of Noire, I wish to provide the same support and opportunities that I want for my son, hoping that one day he—and countless other young people—can flourish in an environment that values their mental health as much as their artistic growth.

Logan’s resilience reminds me that although the journey is often paved with challenges, the rewards of creating something meaningful far outweigh the obstacles. His laughter, curiosity, and dreams inspire me daily to push through. We are building a future where our children can embrace their emotions and creativity without fear or stigma.

With every step I take to bring the Haus of Noire program to life, I carry Logan’s spirit with me. He is my reminder that even on the most challenging days, the work we do is vital and transformative. This passionate pursuit fuels my heart, not just as an entrepreneur but as a devoted father aiming for a brighter future for Logan and his peers.

Together, we will keep pushing forward—because for Logan, every child, and the future we believe in, it is worth every.

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Queen's Court

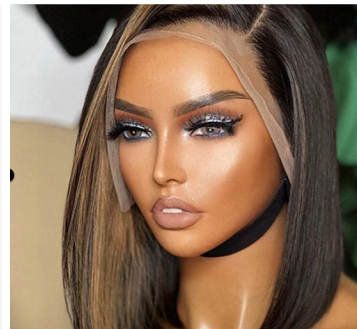
TRALICE LEWIS

A VISIONARY ENTREPRENEUR
TRANSFORMING HAIR LOSS INTO CONFIDENCE

WRITTEN BY: C.O.B.S EDITORIAL TEAM

Tralice Lewis, co-owner of Callie's Custom Hat Wigs, has turned her passion for helping others into a thriving business that empowers individuals facing hair loss. Drawing inspiration from her mother, Callie Lewis, a devoted hospice nurse who provided compassionate care to her patients, Tralice embarked on a mission to restore confidence and self-assurance to those experiencing hair loss.

In 2020, Tralice, alongside her husband Rayfield and sons Royelle and Savion, launched Callie's Custom Hat Wigs in Portland, Oregon, with the support of MESO. As the only Black-owned wig store in the Pacific Northwest, Callie's Custom Hat Wigs is a beacon of representation, empowerment, and inclusivity. With over 15 years of experience in healthcare, Tralice's journey from medical assistant and CNA to entrepreneur reflects her deep understanding of hair loss's emotional and psychological impact.



A Mission Rooted in Compassion

Tralice's dedication extends beyond crafting custom hat wigs. She collaborates with Kaiser Permanente Northwest, teaching volunteers about wigs and helping cancer and hair loss patients wear them confidently. Additionally, she partners with Providence Transition Medical, which carries her signature hat wigs and maintains a wig room where individuals can pick out a free wig.

Her commitment to community advocacy and mentorship is equally inspiring. Tralice serves on the Board of Directors for Breast Friends, a nonprofit dedicated to supporting women facing cancer and hair loss. She actively engages with nonprofit organizations like MESO, which was vital to her business journey. She supports youth and small businesses by participating in business cohorts to guide and uplift entrepreneurs.

Crafting Confidence and Beauty

At Callie's Custom Hat Wigs, Tralice pours her heart into crafting custom hat wig units that provide both style and a symbol of empowerment and self-expression. Whether for medical hair loss or a convenient fashion choice, each wig is designed to offer comfort, confidence, and beauty. Tralice's work is driven by her faith and unwavering belief in spreading love and acceptance.

Celebrity Support and Viral Moments

Tralice's dedication and unique creations have caught the attention of several high-profile supporters. Tabitha Brown, a well-known actress, and influencer, collaborated with Tralice, leading to Callie's wigs being featured in a 2025 Christmas movie. Nic Few, a phenomenal talent, gave Tralice her first viral wig moment, significantly boosting her business's visibility. Rapper Queen Detroit Diamond proudly rocks Callie's wigs and blinged-out pieces. At the same time, comedian Luenell, the original bad girl of comedy, supports the brand and shares invaluable advice and encouragement.

Walking in Faith and Purpose

Tralice continues to move forward by walking in faith and trusting God's plan. She ensures that every person who enters Callie's Custom Hat Wigs feels love and care, just as her mother did during her 33 years as a hospice nurse. Her motto, "Wigs See No Color," reflects her dedication to inclusivity and acceptance for all communities, including BIPOC and LGBTQ+.

Expanding the Vision

We don't just do hats and wigs—we offer all types of wigs, including human hair wigs. My wig store is 180 square feet, and I'm praying for a bigger space. People can donate to [calliescustomhatwigs.com](https://www.calliescustomhatwigs.com) so we can teach more people in-person classes. I can teach only 2 to 3 people at a time in my store. My store can only remain open with the community's and my people's support. We don't just sell wigs—we educate about them, teaching how to get longevity out of a wig, whether it's human hair or not. My non-human hair wigs have lasted over 15 years or longer with proper care. Check my Google reviews to see what my customers say!

Driven by the joy of seeing her customers radiate confidence and happiness, Tralice finds fulfillment in making a difference in people's lives. With a heart full of compassion and a vision for empowering others, Tralice Lewis is redefining beauty and confidence, one custom hat wig at a time.

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Spotlight Corner

COACH DAWN E. THORNTON

ELEVATING WOMEN'S BASKETBALL WITH STYLE
AND STRATEGY

WRITTEN BY: C.O.B.S EDITORIAL TEAM

Coach Dawn E. Thornton, the dynamic Head Coach of Alabama A&M University's women's basketball team, is making waves in the sports world—not only for her leadership on the court but also for her impeccable sense of fashion. Known for her strategic brilliance and ability to inspire athletes, Coach Thornton is redefining what it means to be a trailblazer in women's basketball. Her unique blend of coaching prowess and fashion-forward presence captures attention and proves that style and sportsmanship can coexist seamlessly.

A Visionary on the Court

With years of experience in coaching, Coach Thornton has cultivated a reputation for transforming teams and elevating the performance of her athletes. She is dedicated to instilling discipline, confidence, and resilience in her players, ensuring they excel in both the game and life. Her leadership at Alabama A&M has improved the team's competitive edge and strengthened their presence in collegiate basketball.

Setting the Standard for Courtside Fashion

Coach Thornton is rewriting the rules of sideline style, bringing high fashion to the hardwood. While many coaches opt for traditional sportswear, she steps onto the court in tailored suits, bold statement pieces, and stylish footwear, showcasing that confidence extends beyond the game. Her fashion choices are an extension of her personality—strong, fearless, and unapologetically bold. Her style exudes sophistication and commands attention, whether it's a sleek power suit or an ensemble featuring vibrant HBCU pride.



Inspiring Athletes Through Self-Expression

Beyond making a fashion statement, Coach Thornton's style is a powerful message to her players: self-expression and individuality matter. By embracing fashion as an integral part of her identity, she encourages young athletes to celebrate their uniqueness on and off the court. She is a role model who demonstrates that excellence is about performance and carrying oneself with confidence and grace.

A New Era for Women's Basketball

Coach Dawn E. Thornton is proving that women's basketball is not just about the game, it's about culture, empowerment, and breaking barriers. Her ability to blend strategy, mentorship, and fashion is redefining what it means to be a coach in today's world. As she continues to lead Alabama A&M's women's basketball team to success, she is also paving the way for future generations of athletes and coaches to embrace their authenticity in their game and style.

Coach Thornton is not just coaching for wins—she's coaching for legacy, empowerment, and the evolution of women's basketball. With every game, she reminds the world that true greatness is about performance and presentation, proving that you can dominate the court and do it in style.



Hair Corner

2025 TRENDY HAIR COLORS AND MUST-HAVE PRODUCTS FOR BLACK WOMEN

WRITTEN BY: NISHA PERSHAY

As we step into 2025, the world of hair color is bolder, more creative, and deeply expressive. Black women embrace vibrant shades, soft pastels, and rich, luxurious hues that complement their skin tones while making bold fashion statements. Whether you're looking for a subtle change or a daring new look, this year's top hair color trends have something for everyone. Plus, we'll explore the best products to keep your colored hair healthy and vibrant. 2025 is about self-expression and embracing unique, beautiful shades that reflect your personality. Whether you go bold with electric blue or keep it classic with espresso brown, there's a hair color for every Black woman to rock with confidence. And with the right products, your hair can stay healthy, strong, and vibrant all year.

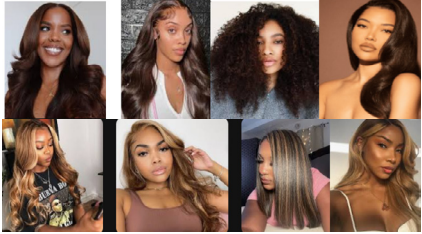
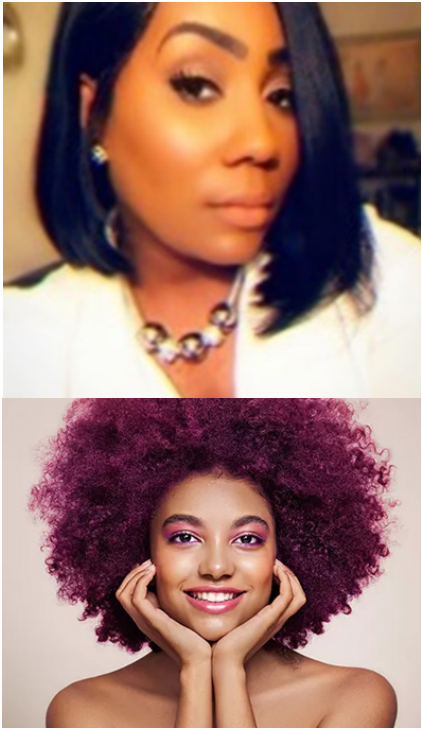
Best Hair Products for Colored Hair: Color-treated hair requires extra care to maintain vibrancy and prevent damage. Here are some must-have products for 2025: Sulfate-Free Shampoos; harsh shampoos strip moisture and fade color, and opt for hydrating, sulfate-free formulas like - Mielle Organics Mongongo Oil Exfoliating Shampoo - Cleanses while keeping moisture intact. TGIN Moisture Rich Sulfate-Free Shampoo - Gentle on color while deeply nourishing hair. Deep Conditioners & Hair Masks To combat dryness and breakage, deep conditioning is necessary. Try Ola plex No. 8 Bond Intense Moisture Mask - Strengthens and repairs colored hair. Shea Moisture Manuka Honey & Mafura Oil Hair Mask - Provides intense hydration for curls and coils. Leave-In Conditioners & Heat Protectants.

TOP HAIR COLOR TRENDS FOR BLACK WOMEN IN 2025

Rich Espresso Brown - Deep, chocolatey hues are making a big comeback. This warm, rich brown complements dark skin tones beautifully, adding depth and dimension. Whether you go for an all-over color or subtle highlights, this shade is perfect for those who want a sophisticated yet natural look. Also, **Honey Blonde & Golden Highlights** - For those who love lighter shades, honey blonde remains a classic. The 2025 twist? Balayage highlights blend golden caramel hues seamlessly into natural black or brown hair for a soft, sunlit effect.

Cinnamon Copper - The copper trend continues in 2025 with a warmer, cinnamon-infused twist. This reddish-brown shade is flattering on deep skin tones, giving a sun-kissed glow that works beautifully in any season. **Fiery Red & Burgundy** - Deep reds, wine-colored hues, and intense burgundies are trending among those who want to add drama to their look. These shades are perfect for the bold, confident woman looking to turn heads.

In 2025, hair color trends for Black women are all about warmth, richness, and bold expression. Whether you opt for the classic elegance of rich espresso brown, the sunlit glow of honey blonde, the fiery vibrance of burgundy, or the spicy allure of cinnamon copper, there's a shade to match every personality and style. These colors enhance natural beauty and offer a fresh, modern take on timeless favorites. No matter your choice, 2025 is the year to embrace confidence and creativity through your hair color.



Celebrating National Poetry Month

WRITTEN BY: C.O.B.S EDITORIAL TEAM

Poet Ms. Amanda Gorman: The Hill We Climb

Amanda Gorman became a household name when she delivered her powerful poem, *The Hill We Climb*, at the inauguration of President Joe Biden and Vice President Kamala Harris. She captivated the nation, and I was utterly mesmerized, hanging onto every word. Her presence—poised, authoritative, and radiant—was a testament to the strength and resilience of a young Black woman standing on one of the world's biggest stages. Her poem came at a pivotal moment, just one day after pro-Trump rioters stormed the Capitol, serving as both a reflection and a call to unity. *The Hill We Climb* should be a reminder of the message and the messenger.



Maya Angelou: Phenomenal Woman

Maya Angelou was an influential writer, activist, and poet whose words inspired people worldwide. One of her most impactful works, *Phenomenal Woman*, is more than just a poem—it celebrates confidence, self-love, and the beauty of being a woman. When published in 1978, it challenged the idea that beauty is based on society's expectations. Instead, Angelou reminded women that their true power comes from their presence, confidence, and how they carry themselves.

What makes *Phenomenal Woman* so uplifting is its universal message. It speaks to all women, encouraging them to embrace who they are, regardless of how the world defines beauty. The poem's rhythm and bold words make it more than just a piece of literature—it's a source of motivation. Women have turned to this poem in moments of self-doubt, using it as a reminder that their strength and uniqueness make them truly beautiful.

Over time, *Phenomenal Woman* became more than a poem—a movement. It gave women, especially Black women, a sense of pride and a voice in spaces where they were often unheard. Whether recited at events, shared in classrooms, or used as an anthem for self-empowerment, Angelou's words encourage women to stand tall and own their greatness. *Phenomenal Woman* is a reminder that confidence, resilience, and self-love define women's power.

Danielle Durham – Lady Genesis His Voice, My Ear

Danielle Durham, also known as "Lady Genesis," is a poet, author, and motivational speaker dedicated to empowering women to break barriers and walk in their divine purpose. Her book, *His Voice, My Ear, This Pen*, is a poetic journey designed to inspire believers and non-believers to persevere through life's challenges. Through her writing, Durham channels the word of God, allowing readers to experience His guidance and love intimately. I enjoy listening to her flow with movement and grace, effortlessly delivering uplifting and encouraging messages.

In her poetry, Durham echoes the heartbeat of Christ by emphasizing the importance of humility and reliance on God. She cautions against the dangers of self-sufficiency without Him, highlighting how pride can lead to destruction. By intertwining her personal experiences with biblical truths, Durham crafts verses that resonate deeply, encouraging readers to trust in divine guidance and embrace their unique journeys with faith and confidence. Her words are a powerful reminder that one can truly walk in their God-given purpose through faith, grace, and obedience.



Women Werk

LATRICE GALLOWAY-CRAWFORD

TRANSFORMING EARLY CHILDHOOD
EDUCATION AND EMPOWERING
FUTURE LEADERS

WRITTEN BY: C.O.B.S EDITORIAL TEAM

Latrice Galloway-Crawford is a trailblazer in early childhood education and a powerhouse in the business of childcare. With over 17 years of entrepreneurial expertise, she has transformed the quality and affordable early childhood learning landscape. As the founder, owner, and director of KidZville Learning Academy, a seven-figure childcare center established in 2007, Latrice has set the gold standard for nurturing and educational environments.

From Vision to Reality

Latrice's journey began with a simple yet profound question: Why weren't there accessible, high-quality childcare centers in her community? Driven by her desire to create a safe and enriching space for her son and inspired by the lack of options available, she immersed herself in research and strategic planning. Within six months, Latrice turned her vision into a thriving center that continues to serve her community excellently.

Empowering the Next Generation of Childcare Entrepreneurs

Known as The Childcare Chic, Latrice has made it her mission to help others achieve similar success. Through her exclusive brands, The Childcare Clique and Clique ELITE, she offers courses, one-on-one coaching, and mentorship to aspiring and current childcare center owners. Her programs aim to equip entrepreneurs with the knowledge and strategies to avoid costly missteps and build impactful, profitable businesses.

Latrice's unique memberships foster a community of leaders and change-makers in early childhood education, providing valuable resources and support. Her upcoming e-books further solidify her role as a thought leader in the industry, guiding others to succeed while maintaining their core values.

Academic Excellence and Leadership

Latrice holds a Bachelor's degree in Criminal Justice and a Master's in Public Administration, reflecting her commitment to structured, effective leadership. Her educational background enhances her ability to run a successful business while advocating for the importance of early childhood education.

A Life Rooted in Family and Purpose

Beyond her professional achievements, Latrice is a dedicated wife and mother, residing in a Houston suburb with her family. Her authenticity and depth of knowledge resonate with audiences, making her a sought-after speaker for those ready to make a transformative impact in early childhood education.

Leading with Passion and Purpose

Latrice Galloway-Crawford's dedication to improving the quality of childcare and empowering others to follow in her footsteps has made her a true pioneer in the industry. Through her unwavering commitment to excellence and community support, she leaves an indelible mark on early childhood education, shaping the future for generations to come.

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Fitness Corner

PILATES ME, PLEASE!

DROPPING POUNDS WHILE LYING DOWN

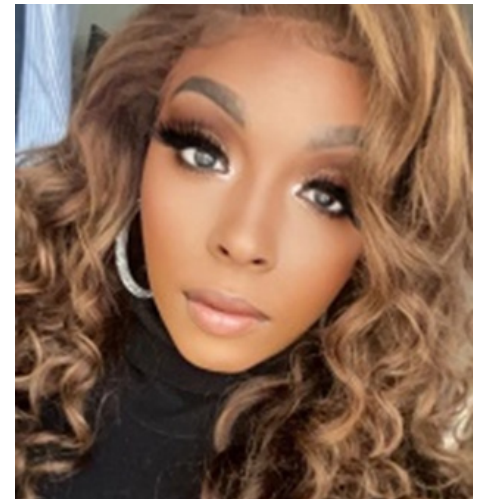
WRITTEN BY: ARIELLE PERSHAY

Why Pilates?

Pilates is one of the most effective and versatile workouts for women, offering a perfect blend of strength, flexibility, and mindfulness. Unlike high-impact exercises, Pilates focuses on controlled movements, core engagement, and full-body toning, making it suitable for all fitness levels. It helps sculpt lean muscles, improves posture, boosts energy, and enhances overall well-being. Whether you want to tone your body, reduce stress, or build strength without bulk, Pilates provides an impactful yet highly effective way to achieve your fitness goals.

I love doing Pilates, and Raven Ross is the go-to person I follow and love for her workouts. Her YouTube and Instagram are called Pilates Body Raven. After completing her workouts in the comfort of my home, I feel refreshed and invigorated.

Yes, Pilates can effectively tone a woman's body! It helps sculpt and define muscles by focusing on controlled, precise movements that strengthen and lengthen the body. Here's how Pilates contributes to toning.



How Pilates Tones the Body

- 1. Target Core Strength:** Strengthens and tightens the abdominal muscles, giving a leaner, more defined midsection.
- 2. Tones Arms and Shoulders:** Many Pilates exercises engage the upper body, helping sculpt lean, strong arms.
- 3. Shapes Legs and Glutes:** Moves like leg lifts and bridges target the thighs and glutes, creating a firmer and more lifted look.
- 4. Improves Muscle Endurance:** Unlike heavy weightlifting, Pilates focuses on endurance and control, leading to lean, toned muscles.
- 5. Elongates the Body:** The emphasis on stretching and lengthening muscles gives a more toned and graceful appearance.
- 6. Boosts Overall Body Definition:** Pilates helps create a balanced, well-defined physique by engaging multiple muscle groups at once.



Conclusion

In conclusion, Pilates is more than just a workout—it's a holistic approach to fitness that strengthens the body, enhances flexibility, and promotes mental well-being. With its focus on core strength, posture, and controlled movements, Pilates helps women achieve a toned, lean physique while reducing stress and preventing injuries. Whether you're looking to improve muscle definition, boost energy, or support overall health, Pilates offers long-term benefits beyond physical fitness. By incorporating Pilates into your routine, you can enjoy a balanced, strong, and confident body for years.

Fashion Corner

KAHLANA BARFIELD BROWN

REVOLUTIONIZING FASHION WITH CULTURE AND ELEGANCE

WRITTEN BY: C.O.B.S EDITORIAL TEAM

In the dynamic world of fashion, few individuals have managed to seamlessly merge cultural heritage with contemporary style as effortlessly as Kahlana Barfield Brown. A trailblazer in her own right, Kahlana has carved a distinct path in the industry as a designer and an influential voice for diversity and representation.

A Journey Rooted in Passion

Kahlana's journey began with her deep-rooted passion for storytelling and fashion. Born and raised in Seattle, she pursued her education at Howard University, a prestigious Historically Black College and University (HBCU). She cultivated her love for culture, identity, and self-expression there, which would later become integral to her design philosophy.

From Journalist to Fashion Icon

Before stepping into the design world, Kahlana became a beauty editor at InStyle magazine. Her keen eye for detail and unique aesthetic quickly gained attention, allowing her to work with some of the biggest names in fashion and beauty. This experience gave her invaluable insights into the industry, shaping her approach to design and innovation.



The Nike Collaboration: A Tribute to Heritage

Kahlana's collaboration with Nike on a customized Air Force One sneaker stands as a testament to her commitment to cultural representation. The design pays homage to HBCUs, celebrating Black excellence's rich history and legacy. With intricate details and thoughtful craftsmanship, the sneaker showcases her creative prowess and symbolizes empowerment for future generations.



A Voice for Diversity and Inclusion

Kahlana's impact goes beyond her designs. She is a vocal advocate for diversity and inclusion within the fashion industry. Through her work, she challenges stereotypes and breaks barriers, paving the way for underrepresented voices to shine. Her dedication to authenticity and representation has inspired countless individuals to embrace their unique identities.

The Future of Fashion

Her influence is undeniable as Kahlana Barfield Brown continues to make waves in the fashion world. From her iconic collaborations to her unwavering support for diversity, she remains a beacon of creativity and empowerment. With her innovative spirit and cultural pride, Kahlana is not just shaping fashion; she is redefining it for future generations to come.

In an industry often dominated by tradition, Kahlana Barfield Brown stands as a pioneer, blending heritage with elegance and inspiring a new era of fashion excellence.

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Beauty Spotlight

DANESSA MYRICKS

THE VISIONARY BEHIND INCLUSIVE
BEAUTY INNOVATION

WRITTEN BY: C.O.B.S EDITORIAL TEAM

In beauty, few names resonate with creativity, innovation, and inclusivity, like Danessa Myricks. A self-taught makeup artist, photographer, and entrepreneur, Danessa has carved a unique path in the beauty industry, transforming her passion into a globally recognized brand—Danessa Myricks Beauty, CEO of Danessa Myricks Beauty.

The Journey of Danessa Myricks

Born and raised in New York, Danessa Myricks initially pursued a career in corporate America. However, her love for art and beauty led her to leave the corporate world and dive headfirst into makeup artistry. Without formal training, she honed her skills through relentless practice and creativity, eventually becoming one of the most sought-after artists in the industry.

Her ability to seamlessly blend art with beauty caught the attention of major cosmetic brands, leading her to work as a product developer and educator. Danessa's expertise in understanding diverse skin tones and textures allowed her to create products that cater to people of all backgrounds.

The Birth of Danessa Myricks Beauty

In 2015, Danessa launched Danessa Myricks Beauty, a brand rooted in inclusivity, creativity, and self-expression. Her line is celebrated for its high-performance, multi-functional products that cater to all skin tones, genders, and ages. From rich pigments to luminous highlighters, her products are designed to be versatile and adaptable for both professional makeup artists and everyday consumers.



Signature Products

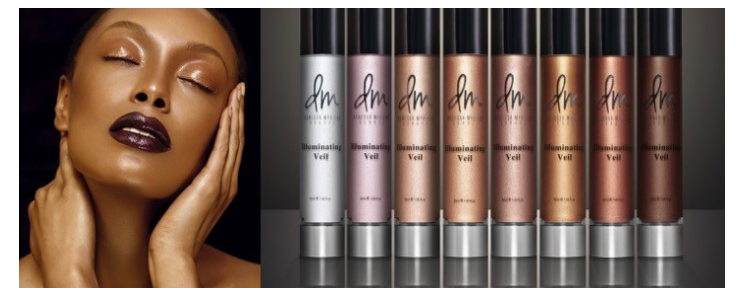
- Vision Cream Cover Foundation: A highly pigmented, full-coverage foundation that doubles as a concealer.
- Colorfix 24-Hour Cream Color: A multi-use, waterproof cream that can be used on the eyes, lips, and cheeks.
- Lightwork Highlighting Palette: A stunning collection of highlighters that provide a radiant, otherworldly glow.

Celebrity Clientele

Danessa Myricks' artistry has graced the faces of numerous celebrities, including:

- Nicki Minaj
- Cardi B
- Beyoncé
- Kelly Rowland
- Ciara

Her signature style of creating flawless, dewy skin and bold, artistic looks has made her a go-to artist for music videos, editorial shoots, and red carpet events.



Giving Back to the Community

Danessa Myricks is a trailblazer in beauty and a passionate advocate for education and empowerment. She regularly hosts masterclasses and workshops to mentor aspiring makeup artists, particularly those from underrepresented communities. Her brand fosters diversity and inclusivity, ensuring that people of all backgrounds feel seen and celebrated in the beauty industry.

In addition, Danessa has collaborated with organizations that support women entrepreneurs and creatives, providing resources and opportunities for growth and success.

The Legacy of Danessa Myricks

Danessa Myricks has redefined beauty standards by championing self-expression and diversity. Her innovative products and dedication to inclusivity have made her a pioneer in the beauty industry, inspiring countless artists and beauty enthusiasts worldwide. With her relentless creativity and commitment to empowering others, Danessa continues to break barriers and shape the future of beauty.

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Women Innovators

ADRIENNE BENNETT

REDEFINING INDUSTRY STANDARDS THROUGH INNOVATION AND LEADERSHIP

WRITTEN BY: C.O.B.S EDITORIAL TEAM

In the dynamic world of business and innovation, Adrienne Bennett stands out as a visionary leader and entrepreneur. As the CEO and Founder of Benkari LLC, Bennett has established herself as a trailblazer, driving her company to new heights with a commitment to excellence and a passion for transformative solutions. Her journey from a bold idea to a successful enterprise is an inspiring tale of perseverance, innovation, and leadership.

Adrienne Bennet is a trailblazer in the plumbing industry! At 22, this pioneer broke many barriers, enrolling in a 5-year apprenticeship program with the Plumbers Union and passing. Due to her dedication, Bennet finished the program, passed the required exam, and became the first African American Master Plumber in Michigan and the first woman plumbing inspector in Michigan. At 30, while surrounded by men, Bennett became the first black female master plumber in the United States. Now, 30 years later, she is CEO of her own contracting company, Detroit-based Benkari LLC.

According to Adrienn's interview with CNN (Kavilanz, 2018), she says, "I've been a journeyman plumber, a master plumber, project manager, plumbing inspector, and code enforcement officer for the city of Detroit for a decade. There was no place left to go but to become an independent contractor, "It was the final frontier." Bennett's entrepreneurial journey began with a clear vision: to create a company that addresses critical industry needs with innovative solutions. 2010, she founded Benkari LLC to provide high-quality, efficient, and sustainable products and services. Her dedication to excellence and ability to identify market gaps led to the development of groundbreaking solutions that have set Benkari apart in the industry.



Leading with Innovation

Under Adrienne Bennett's leadership, Benkari LLC has become known for its commitment to innovation. The company specializes in [specific industry or product/services], delivering cutting-edge solutions that meet and exceed client expectations. Bennett's strategic approach to business development and her emphasis on research and development has played a crucial role in establishing Benkari as a leader in its field.

A blend of visionary thinking and hands-on management characterizes Adrienne Bennett's leadership style. Her ability to inspire and motivate her team has been a key factor in Benkari's success. Bennett fosters a culture of collaboration, encouraging her employees to bring their best ideas forward and contributing to the company's ongoing growth and evolution. Her dedication to professional development and her commitment to creating a positive work environment have earned her respect and admiration within the industry.



Commitment to Excellence

Benkari LLC's success is a testament to Adrienne Bennett's unwavering commitment to excellence. The company's products and services are renowned for their quality, reliability, and innovation. Bennett's focus on customer satisfaction and her ability to adapt to changing market demands have been instrumental in maintaining Benkari's competitive edge. Her hands-on approach to ensuring that every aspect of the business meets the highest standards has solidified Benkari's reputation as a trusted partner in the industry.

As Benkari LLC continues to grow and expand, Adrienne Bennett remains at the forefront of the company's strategic vision. Her forward-thinking approach and commitment to innovation ensure that Benkari will continue to lead and excel in its field. Bennett's passion for driving positive changes and her dedication to fostering a culture of excellence will undoubtedly propel Benkari to even greater achievements in the future.

Adrienne Bennett's journey as the CEO and Founder of Benkari LLC is a powerful example of entrepreneurial success and leadership. Her vision, commitment to innovation, and dedication to excellence have established her as a prominent figure in the business world. As Benkari LLC continues to thrive under her guidance, Bennett's story inspires aspiring entrepreneurs and is a testament to the impact of visionary leadership.

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Young Entrepreneur

BROOKLYN ANDERSON

THE YOUNGEST ENTREPRENEUR MAKING WAVES IN FASHION AND MODELING

WRITTEN BY: DR. TREVI BOOKER-PERSHAY



Early Beginnings

At just five years old, Brooklyn Anderson from Inkster, Michigan, is already making her mark as a young entrepreneur and model. With her mother's unwavering support and manager, Lasonya Anderson, Brooklyn has built a thriving business and modeling career that continues inspiring young girls nationwide.

The Birth of Brooklyn's Fun Accessories

Brooklyn's journey began at the tender age of five months when her mother launched her business, Brooklyn's Fun Accessories. By the time Brooklyn turned five, she had established her very own purse line called "Hey Pretty Girl." Her bags are officially trademarked, making her one of the youngest entrepreneurs to own a branded product line.

A Budding Modeling Career

Brooklyn's talents don't stop there. She embarked on a modeling career at the age of one and has since graced runways and photoshoots in New Jersey, Ohio, and New York. Her passion for modeling and entrepreneurship has landed her features in 18 magazines, including two front covers. Brooklyn was also featured on the popular Detroit news segment "Live in the D" on Channel 4, where she shared her story as a young business owner and model.

Expanding Her Brand

Her "Hey Pretty Girl" purse line is available at the Pink Diamond Beauty Mall in Detroit, Michigan. Despite the challenges of balancing business and personal life, Lasonya Anderson proudly manages Brooklyn's career as her momager, accountant, stylist, social media manager, personal assistant, chauffeur, and mediator. Lasonya's priority is ensuring Brooklyn's mental and physical well-being as she navigates her growing success.

Overcoming Challenges

"It's been an amazing 4 ½ years on this journey with Brook," Lasonya shared. "We've had our ups and downs, but I don't regret any of it. We've met some incredible people and faced some challenges along the way, but it's all been worth it."

Inspiring the Next Generation

Brooklyn's remarkable achievements at such a young age are a testament to her passion, creativity, and her mother's unwavering support. As she continues to expand her brand and dominate the modeling world, Brooklyn Anderson is undoubtedly paving the way for other young girls to dream big and achieve greatness.

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Food Court

SOUL FOOD POWER BOWLS

RECIPE BY: JAZZMINE WOODWARD



Jazzmine Woodward’s Soul Food Power Bowls are a true Southern delight, combining bold flavors and wholesome ingredients. Her signature bowl features succulent shrimp atop fragrant yellow rice, perfectly complemented by the rich sweetness of roasted sweet potatoes. Adding a hearty touch, she incorporates collard green stems and tender okra, creating a soulful and satisfying dish that captures the essence of comfort food with a modern twist.

INGREDIENTS

- 10 ounces yellow rice
- olive oil
- 1/3 cup water
- 3 cloves garlic
- 1/8 onion
- 4 large collard green leaves
- 1 pound okra
- 1 Roma tomato
- 1 small sweet potato
- ½ teaspoon cinnamon
- 1 tablespoon honey
- 1 pound shrimp peeled and deveined
- 1 tablespoon lemon juice
- sea salt to taste
- black pepper to taste
- crushed red pepper to taste



INSTRUCTIONS

1. In a small saucepan or rice cooker, cook yellow rice according to package directions.
2. Meanwhile, prepare the produce ingredients: Mince garlic and chop onion, remove collard greens from stems and chiffonade, trim okra and cut into pieces, chop tomato into chunks (about one inch), peel and cut the sweet potato into ½ inch cubes.
3. Heat about 1 tablespoon olive oil and 1/3 cup water over medium-high heat in a large, non-stick skillet. Add in garlic, onion, and collard greens. Cook until water dissipates (about 8 minutes), then add more olive oil. Saute greens until tender (about 10 minutes). Remove from pan.
4. Add a bit more olive oil to the pan, then tomato. Cook until it breaks down (about 5 minutes). Add okra, sea salt, and crushed red pepper. Saute about 7 minutes. Remove from pan.
5. Add a bit more olive oil to the pan, followed by the sweet potato, sea salt, and cinnamon. Cook until tender (about 7 minutes), stir in honey, and allow to caramelize (about 2 minutes). Remove from pan.
6. Meanwhile, season shrimp with sea salt, black pepper, crushed red pepper, and lemon juice. Add a bit more olive oil to the pan, followed by shrimp. Saute shrimp for about 5 minutes or until cooked through, flipping halfway.
7. To assemble, divide the ingredients between two bowls.

Contact:

Dash of Jaxx for other recipes:
<https://www.dashofjazz.com/about/>
<https://www.dashofjazz.com/soul-food-power-bowls/#recipe>

Travel & Leisure

EXPLORING PARIS

A GUIDE TO THE CITY OF LIGHTS

WRITTEN BY: C.O.B.S EDITORIAL TEAM



Paris, the City of Lights, is a destination that captures the imagination with its timeless charm, rich history, and vibrant culture. Whether you're a first-time visitor or a seasoned traveler, Paris offers an array of experiences that cater to all tastes. From world-class dining to iconic landmarks and luxurious accommodations, here's a guide to making the most of your visit to Paris.

Best Time to Visit

The best time to visit Paris depends on what you want to experience. Spring (March to May) and fall (September to November) are ideal for pleasant weather and fewer crowds. During these seasons, you can enjoy comfortable temperatures and explore the city's gardens and outdoor cafes. Summer (June to August) is the peak tourist season, offering lively events and festivals, but be prepared for larger crowds and higher prices. Winter (December to February) is quieter, and though it can be chilly, the festive holiday lights and fewer tourists make it a magical time to visit.

Places to See

- 1. Eiffel Tower:** No trip to Paris is complete without visiting the Eiffel Tower. This iconic structure is a must-see Whether you ascend to the top for panoramic views or enjoy a picnic in the surrounding Champ de Mars park.
- 2. Louvre Museum:** Home to thousands of works of art, including the Mona Lisa and the Venus de Milo, the Louvre Museum is a treasure trove of cultural heritage. Allocate a few hours to explore its vast collections.
- 3. Notre-Dame Cathedral:** Although it was damaged by a fire in 2019, the Notre-Dame remains an architectural marvel. You can admire its facade and visit the nearby Ile de la Cité for a historic experience.
- 4. Montmartre:** This charming neighborhood offers a glimpse of Parisian life with its narrow streets, local cafes, and artistic vibe. Visit the Basilica of the Sacré-Cœur for stunning views of the city.
- 5. Musée d'Orsay:** Housed in a former railway station, the Musée d'Orsay features an impressive collection of Impressionist and Post-Impressionist masterpieces by artists like Monet, Van Gogh, and Degas.

Restaurants to Try

- 1. Le Jules Verne:** Located on the second level of the Eiffel Tower, Le Jules Verne offers gourmet dining with spectacular views. Enjoy a luxurious meal crafted by renowned chefs in an unforgettable setting.
- 2. L'Astrance:** A Michelin-starred restaurant in the 16th arrondissement, L'Astrance is celebrated for its inventive cuisine and seasonal ingredients. Reservations are recommended due to its popularity.
- 3. Café de Flore:** A historic café in Saint-Germain-des-Prés, Café de Flore is a great spot to enjoy a classic French breakfast or a leisurely afternoon coffee. It's a favorite among locals and visitors alike.
- 4. Le Comptoir du Relais:** Located in the Latin Quarter, this bistro offers traditional French dishes with a modern twist. It's known for its warm atmosphere and delicious fare.
- 5. Le Mary Celeste:** For a more casual dining experience, Le Mary Celeste in the Marais district offers a trendy menu of small plates and creative cocktails in a relaxed setting.

Hotels to Stay At

- 1. The Ritz Paris:** For a truly opulent experience, The Ritz Paris on Place Vendôme offers luxury accommodations and impeccable service. The hotel features elegant rooms, a spa, and gourmet dining options.
- 2. Le Meurice:** Near the Louvre, Le Meurice combines classic French luxury with modern amenities. Its central location makes it a convenient base for exploring the city.
- 3. Hôtel Lutetia:** Located in the Saint-Germain-des-Prés area, Hôtel Lutetia blends historic charm with contemporary comforts. The hotel offers spacious rooms, a spa, and a range of dining options.
- 4. Hotel Le Relais Saint-Germain:** A boutique hotel in the heart of the Latin Quarter, this charming property offers cozy rooms and personalized service. It's an excellent choice for a more intimate stay.
- 5. Mama Shelter Paris East:** For a budget-friendly option with a fun, vibrant atmosphere, Mama Shelter offers stylish accommodations with a youthful flair. It's located in the trendy East Paris district.

Paris is a city that promises romance, adventure, and discovery. With its rich tapestry of history, culture, and gastronomy, there's something for everyone to enjoy. Whether you're savoring world-class cuisine, marveling at iconic landmarks, or relaxing in luxurious accommodations, Paris never fails to leave a lasting impression. So pack your bags, embrace the Parisian lifestyle, and prepare to be enchanted by the City of Lights.



NEW UPCOMING

Author

ARIELLE
PERSHAY

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Career Corner



DIVERSITY, EQUITY, AND INCLUSION OUR BUSINESS WILL FAIL IF WE BAN DEI

WRITTEN BY: ARIELLE PERSHAY

In today's evolving world, Diversity, Equity, and Inclusion are not just words but essential pillars of a thriving workplace. Companies that embrace DEI will foster innovation, enhance employee engagement, and create a competitive edge in their industries. However, some organizations and policymakers have debated or even moved to ban DEI initiatives, raising concerns about their long-term impact on Business and society.

Here is a breakdown of why DEI matters

- 1. Innovation and Creativity:** A workforce comprising individuals from various backgrounds, experiences, and perspectives contributes to diverse ideas. This variety of viewpoints fosters creativity, leading to more innovative solutions and problem-solving approaches. Research has shown that diverse teams outperform homogeneous teams in decision-making and innovation.
- 2. Improves Employee Engagement and Retention:** Employees who feel valued and included are likelier to stay committed to their organizations. Inclusive work environments reduce turnover rates, increase job satisfaction, and promote a sense of belonging. Companies that prioritize DEI often see higher levels of employee engagement and productivity.

Here is a breakdown of why DEI matters

- 3. Expands Market Reach:** Businesses that reflect the diversity of their customer base can better understand and meet the needs of different demographics. This leads to improved customer relationships, increased brand loyalty, and access to new markets.
- 4. Promotes Fairness and Equity:** Equity in the workplace ensures that all employees have access to the same opportunities and resources. DEI initiatives help identify and remove systemic barriers that may prevent marginalized groups from advancing in their careers.

Promotes Fairness and Equity: Equity in the workplace ensures that all employees have access to the same opportunities and resources. DEI initiatives help identify and remove systemic barriers that may prevent marginalized groups from advancing in their careers.



The Consequences of Banning DEI

- 1. Loss of Innovation and Competitive Edge:** Without DEI initiatives, organizations risk stifling creativity and innovation. Companies that lack diversity often fall behind in adapting to market changes and meeting consumer needs.
- 2. Higher Employee Turnover and Decreased Morale:** Banning DEI programs can lead to a workplace culture that feels exclusionary or unwelcoming to underrepresented groups. This can result in higher turnover rates, lower morale, and difficulty attracting top talent.



- 3. Legal and Reputational Risks:** Many businesses have implemented DEI policies to comply with anti-discrimination laws and corporate social responsibility expectations. Removing DEI initiatives can lead to potential lawsuits, damage to a company's reputation, and loss of consumer trust.
- 4. Reduced Market Relevance:** As global markets become increasingly diverse, companies that fail to prioritize DEI may struggle to connect with customers from different cultural backgrounds. This can lead to decreased sales, reduced market share, and diminished brand loyalty.

Conclusion

Diversity, Equity, and Inclusion are fundamental to building resilient, thriving organizations. Companies that invest in DEI initiatives create workplaces where employees thrive, innovation flourishes, and business success follows. Conversely, banning DEI can lead to stagnation, legal challenges, and a diminished brand reputation. In an interconnected and diverse world, embracing DEI is not just the right thing to do—it's a strategic necessity.

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