



Goddess Crowns By Nakia

Nakia's Workshops Services



Brief Bio: Nakia Dillard is a life coach, workshop facilitator and jewelry designer who helps women develop and increase their self-care and personal development so that they can shift and change their lives from the inside out. She is the founder of Goddess Crowns By Nakia, who's vision is to inspire, motivate, and remind women to embrace self-love and self-care practices. Nakia Dillard has over 13 years of experience impacting the lives of others through her experience in Health Education, Youth Development, Mentorship, and Life Coaching. She also holds a Bachelor's degree in Community-Based Health Education. She has served as a personal development coach and mentor to dozens of women and girls.



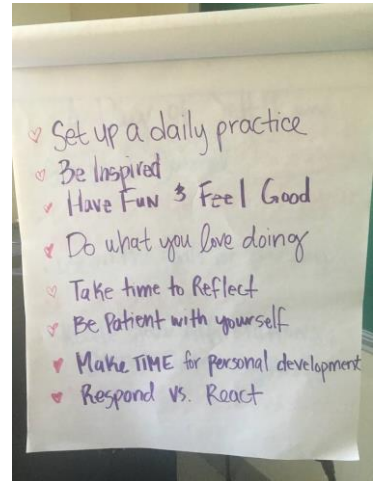
Nakis's Workshop Services

Goddess Crowns By Nakia provides holistic beauty and personal development services for women and girls seeking to embrace, honor, and unleash their divine self. We offer transformational focused group workshops in the areas of self-care, personal development, creative expression and health education. Select workshops below can be made into multiple series.

Time frame: Workshops range from 1.5-2hrs per session.

Self-Care & Personal Development:

The Power of I AM: The power of I AM workshop provides participants with the opportunities to explore their dreams, self-identity, limited beliefs that may be blocking them from reaching their goals/dreams. Participants will explore the above through creative writing/reflection, art and self-expression, and discussion. Participants will self-define who they are and who they want to be and create their own I AM posters.



How to make your goals SMART: This workshop provides participants with an introduction to the acronym "SMART" and how to use this to write clear goals that can support their road map to manifestation. Participants will use SMART goals templates and tools to create at least one SMART goal. We will discuss limited beliefs that may contribute to blocking our goals/dreams. We will also talk about what tools and strategies that can support our confidence, and focus on achieving our goals.

How to Build Confidence, and Courage to Leap: In this workshop participants will explore tips and tools for building their confidence, courage, and creativity so that they can leap into their own greatness and unblock what has been limiting them.

Building Powerful Affirmations: In this workshop participants will explore and discuss what limited thoughts/thinking has been holding them back from speaking the truth themselves. Participants will create new truths and positive affirmations to replace the limited thoughts. Participants will use index cards and creative tools to help remind them to feed positive affirmations to themselves as a way to practice self-care.

Self-Care is not an Option, It is Required: 5-Steps to a Daily Practice of Self-Care: In this workshop participants will learn how to develop a daily practice of self-care. Participants will discuss issues around not practicing self-care, how they define self-care, and what resources they already use. Participants will learn about a host of personal development tools to help them start, and maintain a self-care practice.

7 Tips To Manifest Your Desires: The goal of this workshop is to create a safe space for participants to explore personal development tools to empower themselves while focusing on manifesting their personal, professional, and social change goals.



Creative Expression:

Guided poetry: The purpose of these workshops are to create a safe space for participants to reflect, write, and share poetry/creative expression together. This exercise is designed to inspire and evoke the creativity that participants already have within themselves. These workshops can be crafted to for many subjects for example, health, self-love, self-identity, over-coming challenge/struggle, healing oneself, etc.

Jewelry making: Participants will express their creativity and learn new skills through jewelry making. We will use wires, beads, shells, and other tools to create jewelry. Participants can learn how to make Goddess Crowns, earrings, rings, bracelets or necklaces.

Creating vision boards: In this workshop participants will create vision boards based on their desired topic of choice. Topics that may be considered are, self-care, business, dreams, goals, health, relationships, travel, etc. We will use vision boards as a tool for self-care and manifestation of goals.

Health Education:

Fast Food Fools: The purpose of this workshop activity is to raise awareness on how children and youth are being targeted and manipulated to believe they need products being marketed to them. Participants will engage in team building and critical thinking skills around changes in food marketing to children and youth. They will create solutions for healthy food marketing in a fun and engaging activity.

Food Justice VS Food Injustice: In this workshop participants will explore some injustices and potential justices within the food system and create solutions to them together as well as think about the effects these issues are having on our communities from the injustices they bring to the effects these issues have on our health.

Additional Workshop Topics:

- Using the power of gratitude as a self-care tool
- Dream/Career/Story Mapping
- Public Health and Social Justice (health inequities, isms, place matters, social ecological model, solution exploration etc.)
- Making healthy choices and self-love
- Discerning healthy relationships vs unhealthy relationships/establishing self-worth
- All things food systems
- Building healthy tool kits for coping, recharging, and renewing self
- Y-Leap Jeopardy Board Game (leadership, social justice, self-care, health)
- Start a Side Hustle: Exploring your gifts, talents, and creativity
- Leaping from “Side Hustle” to “Being Your Own BOSS”