

SHE *is*

E MAGAZINE



DEONDRIA

as she talks more about life coaching, being a boss, and more!

SHE IS THE SPOTLIGHT
SHE IS HISTORY



US \$4.99



150463 8963330



SHE IS AWARE NATIONAL BREASTFEEDING MONTH

In the month of August, the U.S. Breastfeeding Committee sponsors National Breastfeeding Month to support babies and families. This year's theme is *This is Our Why* – a time to celebrate lactating parents and the work to support breastfeeding. Breastfeeding has many health benefits for infants, children, and mothers and is a key strategy to improve public health.

Among infants born in 2019, most (83.2%) started out receiving some breast milk, and 78.6% were receiving any breast milk at 1 month. At 6 months, 55.8% of infants received any breast milk and 24.9% received breast milk exclusively (Figure 1). Families can face many challenges when it comes to breastfeeding. Yet data show that most infants start out breastfeeding, and many are still receiving some breast milk at 6 months. Even some breast milk is beneficial to infants. However, many families do not breastfeed for as long as they intend to³and breastfeeding disparities by race and ethnicity persist.⁴ The steady decline in any and exclusive breastfeeding from month-to-month indicates that breastfeeding families may need stronger systems of support to reach their breastfeeding goals.

Breastfeeding can be done successfully!

There are also benefits for the mother who breastfeeds. There is less ovarian and breast cancer and osteoporosis in breastfeeding mothers compared to formula-feeding mothers. Breastfeeding helps with postpartum weight loss, delays fertility, increases a mother's self-confidence and promotes bonding.

For more information visit: www.health.gov





SHE TRAVELS MONTENEGRO

This small country, with more than 150 miles of Adriatic coastline, is warm and dry in summer, perfect for spending time at one of its many beaches, quiet seaside havens, and lively towns.

What To Eat

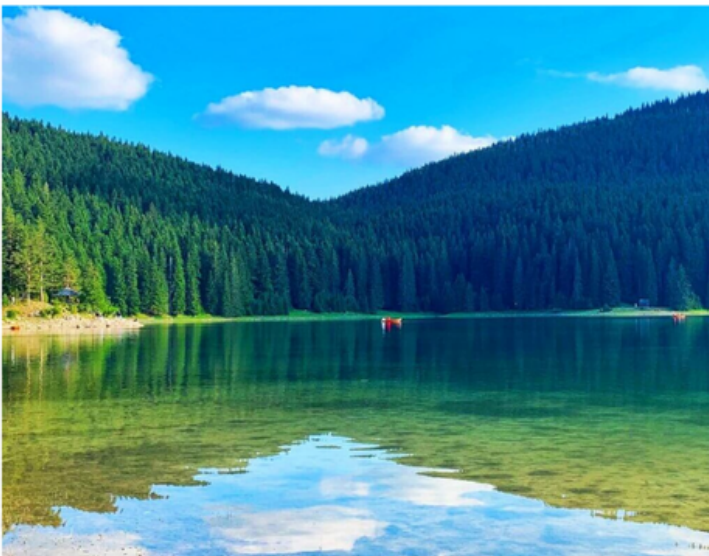
Burek is made up of layers of phyllo dough filled with a variety of savory ingredients, such as cottage cheese, spinach, and potatoes. Burek is generally baked curled into a snail-like shape and can be found in bakeries, but traditional restaurants often prepare it in the shape of a pie that is cut into quarters for serving. This dish is quite dominant all across the Balkans.



What To Do

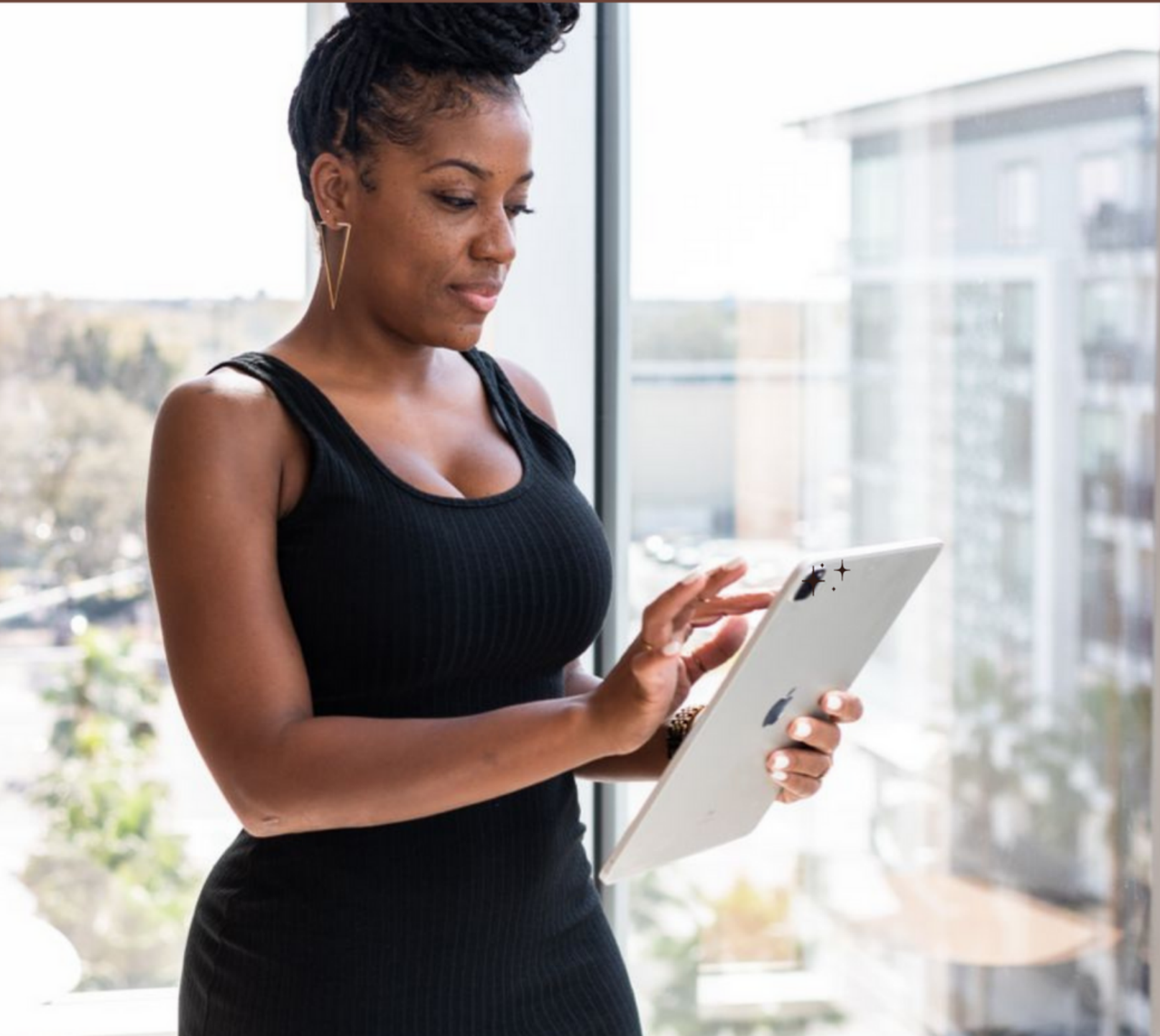
Durmitor National Park

Durmitor National Park, a UNESCO World Heritage Site, is one of the country's five national parks, with hiking, rafting, and stunning scenery in summer. The Park is located at wide mountain region in the northwestern part of Montenegro, surrounded by rivers Piva and Tara and there are 23 mountain tops over 2300 meters of altitude. Park is 39000 acres large and includes 82 kilometers of canyon of the Tara with altitude of 1600 meters above river level.



What are you waiting for?
Book your trip today!

SHE'S IN THE NEWS



CELEBRITY NEWS THIS MONTH

UZO ADUBA

Orange Is The New Black actress Uzo looked so full of happiness and joy at her baby shower alongside her husband, Robert Sweeting. At 42 years old, she is welcoming her first baby. Her babyshower photos didn't reveal the sex of the baby but she did wear the color pink. We will see. Congrats again to the lovely couple as they await the arrival of their bundle of joy.



Photo: Cindy Ord / Getty Images



LAURYN HILL

For “Hip Hop 50 Live” at Yankee Stadium on Friday night, iconic singer, rapper, and undercover fashion icon Lauryn Hill was invited by rapper Nas to guest perform. This performance was part of the celebration commemorating the 50th anniversary of hip hop. Hill was impossible to miss as she came out in a hot pink tulle outfit from ACT N°1, heart-shaped sunglasses, and a beaded bob. It's always to see her show up!



DEONDRIA

CANTRICE

Deondria is an accomplished confidence and transitional life coach, author, and dynamic speaker. With a remarkable blend of unwavering courage and genuine empathy, Deondria empowers individuals to break free from their comfort zones and transcend self-imposed fears. Her passion lies in guiding others towards personal growth, development, and transformation.

Deondria's journey began with her own personal experiences of overcoming adversity and self-doubt. Through introspection and a deep understanding of the human psyche, she discovered the power of confidence and the tremendous impact it can have on an individual's life. Motivated by her own transformative journey, she made it her mission to inspire and motivate others to unleash their full potential.

As a highly sought-after motivational speaker, Deondria captivates audiences with her genuine enthusiasm and relatability. Her talks are infused with inspiring anecdotes and actionable insights that motivate individuals to turn their dreams into tangible realities. She believes that true transformation comes from taking deliberate and determined action steps. Deondria encourages others to embrace discomfort and push beyond their perceived limitations.

Deondria is a prolific author, sharing her wisdom and guidance through her books. Her written works provide practical tools, strategies, and mindset shifts that empower individuals to cultivate confidence, resilience, and a positive mindset.

Deondria's coaching style is both compassionate and results oriented. She guides her clients through a process of self-discovery, helping them uncover their strengths, identify their goals, and develop personalized action plans. With her unwavering support and encouragement, she empowers individuals to embrace change, navigate challenges, and create lasting transformations in their lives.

Deondria Cantrice is a beacon of inspiration, reminding others that they possess the power to shape their own destinies. Through her speaking engagements, books, and coaching, she continues to positively impact countless lives, leaving a lasting legacy of courage, confidence, and personal growth.

The Interview

1. Who is Deondria outside of your bio?

I am a self-proclaimed movie buff and foodie, who loves cotton candy, with an affinity for fun-loving adventures. Although I identify as an introvert, my passions include shopping and traveling to new places. Regardless of the kind of day I'm having, good or bad, I always seek a reason to laugh. My idea of a perfect day involves surrounding myself with family and friends, enjoying their company and creating cherished memories. I take pride in being a wife, mother, Nana and a woman of faith.

2. It's hard to experience life and become a teacher of life. Why did you become an accomplished confidence and transitional life coach, author, and dynamic speaker?

My first step into writing was supposed to be a farewell letter designed for my own healing. However, as I penned my thoughts, my soul awakened, and I found myself pouring my heart onto the pages. It was in that vulnerable moment that my career as an author was born. In terms of coaching, I recognized that I was naturally mentoring and guiding others both in my professional and personal life. Over the years of helping others, I discovered that a lack of confidence was often the underlying obstacle that kept people from moving forward. Lastly, by openly sharing my personal stories and journeys with transparency, I've managed to connect with, engage, and inspire a diverse array of audiences. This unexpected path has not only allowed me to grow but to contribute positively to the lives of others.

3. What makes you different from your competitors?

In this modern landscape where the title of "life coach" is accessible to almost anyone, what distinguishes me from the competition is more than just a title. I show up for clients equipped with practical tools, comprehensive education, and real-life experience that allows me to genuinely impact individuals. My coaching framework empowers my clients to confidently transition from their current circumstances to the places they aspire to be, forging a path that is as unique and personalized as they are.

4. As a person who is consistently pouring out, who pours into you?

As an introvert, I've cultivated the ability over the years to rejuvenate myself and connect with my inner drive to remain motivated and inspired. While I may not always express when I'm feeling drained or overwhelmed, my close-knit circle of family and friends, my "tribe" is consistently present for me. The remarkable thing about my tribe is their intuitive understanding of my needs. They might not always be aware of what I'm going through, but their timely jokes, outings, prayers, or encouraging words seem to arrive precisely when I need them most, adding a reassuring layer of support to my life.

5. We've been navigating through a pandemic. How has your businesses been impacted with this "new" way of life?

The pandemic acted as a catalyst in my life, slowing me down just enough to allow me to realign and prioritize my goals and ambitions. It was during this time that I seized the opportunity to launch my life coaching practice. As people have adapted to the new normal of virtual interaction, it has opened doors for me to coach individuals across the globe, turning a challenging period into a time of growth and opportunity.



The Interview Continued

6. What advice would you give the woman who isn't really sure of her path?

The guidance I would offer to a woman uncertain of her path is to take the time to still her mind and connect with her inner self to recognize her passion and purpose. The key is to first comprehend what drives her, what she's passionate about, and why it matters to her. This understanding makes the journey towards the "what" and "how" much more navigable. Many people jump directly to defining what they want to do, such as becoming an author or an interior designer, and that's where confusion often sets in. But why choose that path? Is it a true passion, or perhaps just something enjoyable or a natural talent? When embarking on the journey to uncover your path, begin with visualizing the final goal, and then work backward. This method helps in crafting a clear and personal roadmap to achieving that goal, aligning it with what genuinely resonates with your heart and soul.

7. Oftentimes we are afraid to mention our struggles to others especially coaches. What is a gem that you can share for someone who is seeking transitional life coaching?

Seeking a life coach is more than finding someone to guide you. It's about finding someone who helps you uncover the wisdom and answers that already lie within you. The best coaches won't just tell you what to do; they'll ask the right questions, listen empathetically, without judgment, and help you navigate your journey. When searching for a life coach, look for a coach who resonates with your values and challenges you to grow, but always ensures you remain the author of your own story. The right life coach acts as a catalyst for transformation, but the power to change ultimately lies within you.

8. Do you have a life coach?

Absolutely, I turn to my life coach when faced with challenges like struggling to achieve a new goal, feeling pulled in various directions, or encountering a sense of being stuck. The advantage of having a life coach is that coaching is crafted to assist clients in resolving specific problems or situations. This tailored approach not only addresses the immediate issue but often provides insights and tools that can be applied to various aspects of life.

9. What's next for Deondria?

I'm excited to announce that two new books are scheduled for release in September of this year. Additionally, I'm planning to reengage with keynote speaking and lead workshops, focusing on helping people build and cultivate confidence so they can live the lives they desire. My final goal is to continue growing and scaling my life coaching practice, expanding its reach to empower even more individuals on their personal and professional journeys.



A woman with dark hair, smiling, stands outdoors next to a stone wall. She is wearing a white short-sleeved top with lace detailing and a black skirt. She is also wearing high-heeled sandals and has her hand near her face. The background shows green foliage and a building.

“Regardless of
the kind of day
I’m having,
good or bad, I
always seek a
reason to
laugh.”

~Deondrea Cantrice

Follow Deondrea
www.deondrea.com
www.twitter.com/deondrea
www.facebook.com/deondrea



Live Interviews still happen!

She Talk with
Ciara
ON IG LIVE

MONDAY
FEBRUARY
6TH @7PM.

The talk show
people talk about.



Featuring
Quatrellyia M.
Jones, MSW,
PhD

Featuring S. Nicole
Crawford-Sumerall,
LCSW

She Talk with
Ciara
ON IG LIVE



Featuring
Brittany White,
LCSW-C

The talk show
people talk about.

FRIDAY FEBRUARY 10TH @7PM EST





Don't forget that when you book a Spotlight that you also get a live interview! Catch our previous ones on our Instagram page @sheisemagazine!

EXCEPTIONAL SERVICES, LLC

*FINALLY, THE HELP YOU
NEED FOR YOUR BUSINESS!*

*I KNOW WHAT IT'S LIKE TO FEEL
STUCK AND OVERWHELMED IN YOUR
BUSINESS. YOU CAN'T SEEM TO
CONNECT THE DOTS TO GET TO THE
NEXT LEVEL. YOU'RE SPINNING IN
CIRCLES AND GOING NO WHERE.*

MY TEAM AND I WILL GATHER ALL
THE PIECES TO YOUR BUSINESS AND
CONNECT THEM, FILL IN THE GAPS
WHERE NECESSARY TO HELP YOUR
BUSINESS THRIVE AND GROW!

LET US RELIEVE YOUR STRESS BY
HELPING YOU TO ORGANIZE YOUR
BUSINESS AND HELPING YOU
CONNECT THE DOTS TO GROW!





LALAH'S *Floral Suite*

There are many wonderful flower shops in the area, offering a wide range of beautiful and unique flower arrangements.

WEDNESDAY - SATURDAY

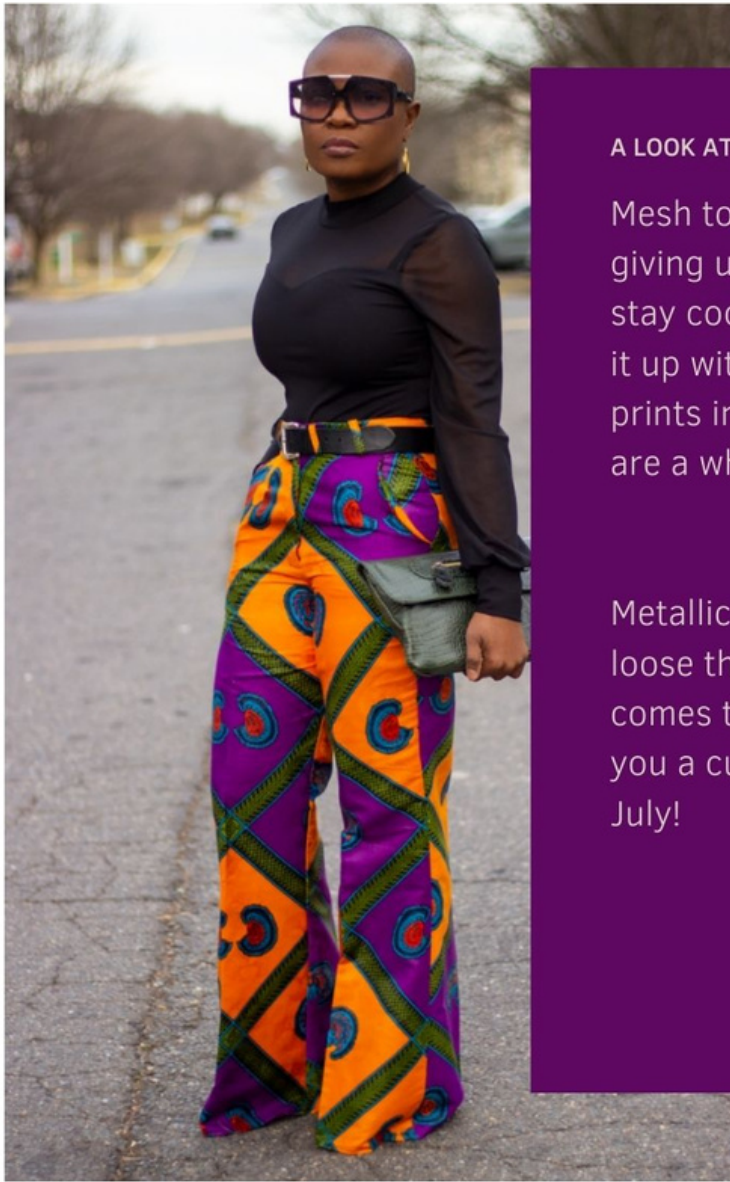
🕒 OPEN AT 08.00 AM

SHOP NOW

📞 336-262-7318

🌐 www.lalahsflowersuite.com

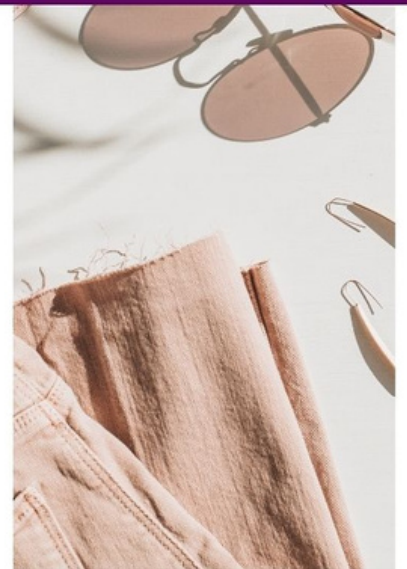
TRENDS FOR JULY



A LOOK AT EMERGING TRENDS

Mesh tops are in and it's giving us life as we try to stay cool this summer. Pair it up with a cute cami and prints in any color and you are a whole mood.

Metallic Sandals never lose their place when it comes to our feet. Grab you a cute pair or 2 for July!



A woman with long dark hair, wearing a white tank top and blue jeans, is sitting on a light-colored couch. She is looking off to the side. A silver laptop is open on her lap, and she is holding a white textured mug. A large green plant is visible in the background.

BOOK

YOUR 1:1 COACHING

@sheisemagazine

