

Servant | Motivational Teacher | Emcee | Fitness Instructor

SHORT BIO



Kisha L. Allen is a passionate, fun, loving, energetic, woman of faith and excellence. She is an engaging personal development trainer who was created to speak life and cause a shift in the lives of individuals across America. She created MYndfullyFIT & Purpose Branding to teaches individuals how to tap into their gifts, live a healthy life filled with peace, love, joy and happiness, all while using what they have to get where and what they want in life. Her philosophy is work everyday to be better than you were the day before. Do YOU, Be YOU and Have Fun Doing It!

LONG BIO

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BE AN EXPERIENCE THAT IMPACTS THE WORLD!

Change YOU...Change Your Life, Community & Ultimately The World!



Kisha L. Allen, a Dallas, Texas native is a passionate, fun, loving, energetic, woman of faith and excellence. She is an engaging personal development trainer who was created to speak life and cause a shift in the lives of individuals across America. She is a Motivational/Inspirational Speaker, an activator who speaks to your dreams, gifts, talents and purpose to ultimately help you move into action and destroy the box (forget living outside of it). She created MYndfullyFIT & Purpose Branding to help individuals and small business owners transform their lives by tapping into their gifts, shifting their mindsets, living a healthy life filled with peace, love, joy and happiness, all while using what they have to get where and what they want in life. Kisha sees things strategically and holistically. Her philosophy is work everyday to be better than you were the day before. Do YOU, Be YOU and Have Fun Doing It!

Ready to shift your being, make life changes that will greatly enhance your business and personal life? Ready to build a legacy that will impact the lives and live on for generations to come? Ready to take your small business to the next level? Kisha L. Allen will help you unlock your true power and potential.

Kisha L. Allen has 15 years of experience in building, nurturing and sustaining relationships. She also has 8 years of experience in strategic networking, business advising, marketing, customer attraction, recruitment, engagement, and retention strategies. Kisha is a certified personal trainer and yoga instructor. She holds a Bachelors in Business Administration from Texas A&M - Commerce, a Graduate Marketing Certification from Southern Methodist University, and AAS in Accounting from Cedar Valley College and is a certified Family Dynamics Institute Marriage & Family facilitator, a DDI and Achieve Global trainer.

