

TRAINER BY TRADE, TEACHER BY GIFTING

# *Move* **BEYOND** MOTIVATION

BUILDING DIVERGENT THOUGHT  
LEADERS THAT DISRUPT THE WORLD  
AND COURAGEOUSLY FUEL CHANGE



**KISHA L. ALLEN**

CORPORATE TRAINER,  
PUBLIC SPEAKER & AUTHOR

[WWW.MOVEBEYONDMOTIVATION.COM](http://WWW.MOVEBEYONDMOTIVATION.COM)



Dear Event/ Training Coordinator,

Technology is changing the dynamics of our workforce and the way that business is done. It is also requiring businesses to move and change at a faster pace. With this being said, it takes a different kind of leader to take on today's challenges and manage today's employee. Today's workforce is more diverse, more technologically advanced, has greater access to opportunities and is more adamant about achieving work/ life balance. To meet the needs of today's workforce and the organizations they serve, leaders must be more creative, productive, confident, courageous, wise, aware and educated. Ultimately, they must become divergent leaders, having liquidity, being able to think critically and challenge the status quo when necessary. More importantly, leaders must be able to duplicate themselves. They must be able to train, equip, grow and develop other leaders.

If you're interested in building powerfully authentic, thought leaders that understand how to strategically leverage every person and resource around them to achieve results, book me today. Unlike most speakers, I deliver training programs and presentations that aren't filled with hype, but that deal with the root of the issue and hold people accountable to pursue the change they desire. Stop booking motivational speakers that leave your audience excited, but unequipped to act. Let me challenge your audience to think and equip them to disrupt the industries they serve.

#### Summary of Experience:

I have over 10 years of corporate training and speaking experience. Our trainings are centered around helping people become the highest and best versions of themselves. All trainings are customized to deliver your brand message and meet the needs of your organization or attendees. When you book me as your keynote, trainer, facilitator, breakout speaker, moderator or panelist, your audience is guaranteed to receive a message and an experience that will keep them engaged, shift their perspective and move them to take immediate action. For dates, availability or more information, please email us at [admin@movebeyondmotivation.com](mailto:admin@movebeyondmotivation.com) or visit [www.movebeyondmotivation.com](http://www.movebeyondmotivation.com) to complete the online request form.

Sincerely,



**05**

**MEET KISHA**

**06**

**TESTIMONIALS**

**07**

**NETWORKING  
& RELATIONSHIP BUILDING**

**11**

**PERFORMANCE MANAGEMENT  
& PRODUCTIVITY**

**17**

**13**

**MANIFESTING MORE**

**14**

**SERVICES**

**17**

**OUR PROCESS**

SIMPLIFIED TRAINING THAT GETS  
TO THE ROOT OF THE ISSUE &  
EQUIPS YOU TO A.C.T. ON WHAT  
YOU'VE LEARNED





## KISHA IS.....

**A POWERHOUSE THAT EQUIPS PEOPLE TO LEAD RIGHT WHERE THEY ARE**

### TRANSPARENT

Kisha shoots straight. She shares her pain, experiences, and heart with the audience.

She believes that our struggles, pain points, and successes are all opportunities for us to provide solutions that help others.

### ENERGETIC

Kisha's energy and huge smile are contagious. Her energy fills and penetrates every inch of the room. The way Kisha speaks, it's as if she is directly speaking to each person individually.

### MORE THAN A MOTIVATOR

Kisha isn't just another motivational speaker, she's a Corporate Trainer, an activator and disruptor that seeks to build leaders that have a heart for change, so they can build up others to truly facilitate social change

KISHA DELIVERS HER MESSAGE TO CORPORATIONS, UNIVERSITIES, ASSOCIATIONS, NON-PROFITS, WOMEN AND ENTREPRENEURIAL GROUPS

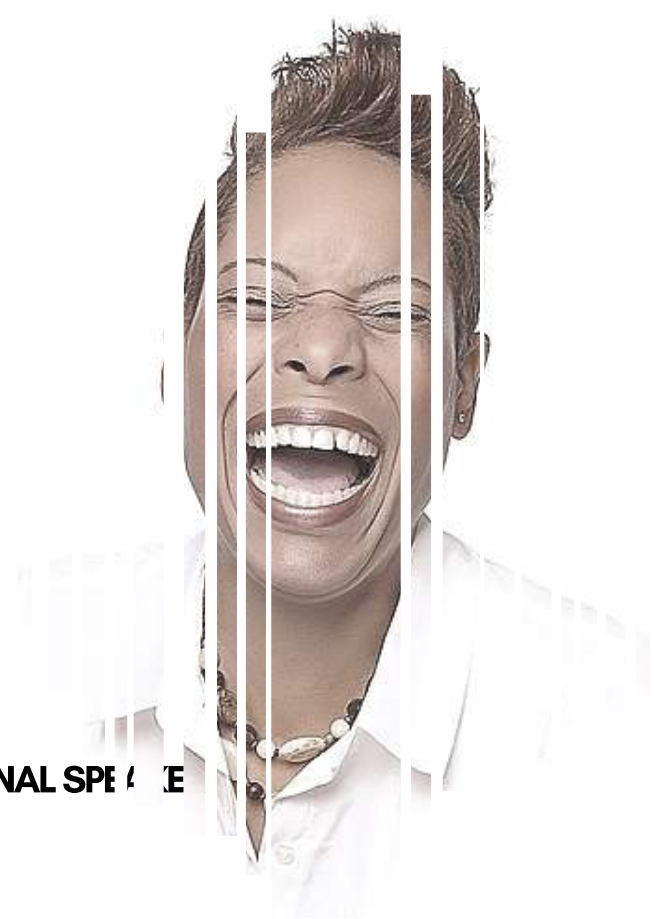
### PASSIONATE & SOUL STIRRING

Kisha's passion for business, life, teams and relationships is evident in every presentation. She speaks with such power, emotion and authority, leaving her audience in awe, causing them to hinge on her every word. Her words penetrate the mind, spirit and soul. Wisdom is evident in her words. It's almost as if her message was designed for each person in the room.

### STRATEGIC, YET PRACTICAL

Kisha simplifies life, business, and relationships. She believes that life is fairly simple. People make it harder than it really is. She teaches others how to live a conscious, balanced and resourceful life. She helps you use what you have to get you where and what you want.

# KISHA L. ALLEN



**CORPORATE TRAINER & TRANSFORMATIONAL SPEAKER**

## TRAININGS THAT DEAL WITH THE ROOT OF THE ISSUE TO ACCELERATE RESULTS

Kisha L. Allen, a Dallas, TX native is a Corporate Trainer by trade and a Teacher by gifting that is committed to creating programs that help business professionals and owners transform their lives and disrupt patterns and/ or habits that may be limiting them from being successful, finding peace or leading a more fulfilled life. She works diligently to help others live with greater productivity and discipline, so they can reach their highest potential.

Kisha holds a Bachelors in Business from Texas A&M - Commerce, a Graduate Marketing Certification from Southern Methodist University, and is a certified DDI and Achieve Global trainer/ facilitator. Over her career history as Director of Member Services, a Corporate Trainer and a National Recruiting Manager, she learned how to network and build relationships that provided her access to resources, advanced her career and created new opportunities.

### AREAS OF EXPERTISE:

- Business Networking
- Change Management
- Communication Skills
- Conflict Management
- Decision Making Skills
- Spirituality/ Living Fulfilled



- Leadership Skills
- Management & Supervision
- Meditation (Managing Stress)
- Performance Management



Kisha is a dynamic speaker and motivator. I had the pleasure of attending one of her seminars that has enabled me to utilize the skills sets that I already have to engage a plan to transition into entrepreneurship. ~ Michelle Devon, Fraud Analyst at AT&T

Kisha was a high energy/high content speaker for our Chamber's Business Workshop series. She spoke about strategic and effective networking. We had a great response from our attendees who took away valuable "networking nuggets," that they will be able to use to enhance their business growth. She is funny, personable, and inspirational - a complete dynamic package!

~Lisa Hermes, President of the McKinney Chamber of Commerce

*The CNG Ministry's vision and goals accompany with Kisha's book "Create Your Network" were a great match! Kisha provided the CNG business professionals with amazing business networking tips, Godly principles for their businesses and spoke with various business professionals on a one-to-one basis, which was a priceless experience! The CNG Ministry will definitely have Kisha L. Allen back again for another speaking engagement. Thank you again, Kisha and The You Experience Team!*

~ Heather Jefferson, Chairwoman at Christian Networking Group

*Kisha is a ball of motivational, inspirational and infectious energy. She causes you to want to change and do more and be better at being you. Her style of presentation draws you in and makes you feel comfortable and confident, even if you lacked confidence initially. Kisha would be great for any business event in which the goal is to drive and empower business owners, employees, management and even support staff.*

~ Natalie Dyer, Licensed Professional Counselor at The Potters House & Dyer Need

*Kisha L. Allen is a marketing expert. In our consultation, she provided many creative ideas for catapulting my business. She is a good listener and strategizer. She tailors her recommendations to your particular circumstances and vision. She provides doable steps for getting to where you want to go. I would definitely use her services again and recommend her to others.*

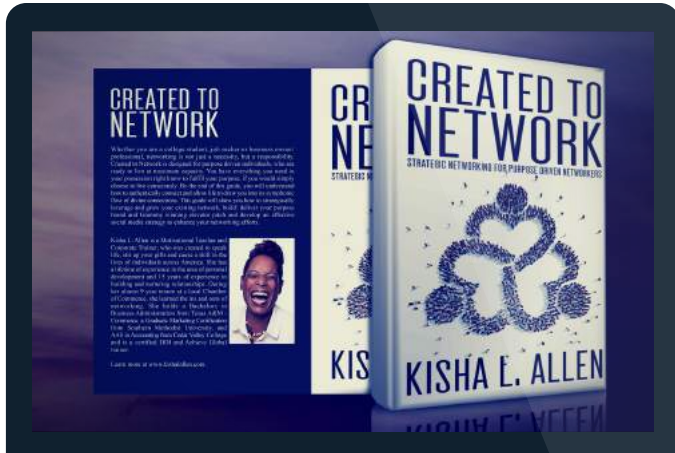
~ Alicea Jones, Communications Coordinator at the Caring Place

Kisha spoke to my Richland College Workforce Training class of at-risk 18-21 year old students. Kisha's ability to immediately connect with the students and her ability to deliver a powerful motivating message left each student with a clearer vision of what is possible for them. Every time I have been around Kisha, I am amazed at her energy and passion. I strongly recommend Kisha as a speaker and trainer. You will not be disappointed. You will be energized and inspired.

~ Dean Keith, Richland College Garland Campus

## LEVERAGE YOUR NETWORK TO MANIFEST MORE

### NETWORK YOUR WAY TO DESTINY!



If you're looking for ways to make your business stand out in the marketplace or trying to figure out how to find the right career, Created to Network is for you. When you understand who you are, your gift's, talents, strengths and purpose, you live a more fulfilled life and will have greater impact.

This training teaches participants how to access everything they need to live their best life through networking. Networking gives us access to people, which ultimately provides us access to information, resources, money, customers, investors and opportunities. It's time to learn how to use every networking opportunity to your advantage. Whether you are a college student, introvert, job seeker, business owner or professional, networking is not just a necessity, but a responsibility. No matter who you are...YOU MUST NETWORK! Created to Network is designed for purpose-driven individuals, who are ready to live at maximum capacity and stand out in a marketplace full of noise. You have everything you need to create the life you want; if you would simply choose to live consciously. Learn how to grow your business, advance your career, improve inter-office relations and productivity through networking.

### Learning Objectives:

- Identify and build a Purpose Brand that stands out in the marketplace and moves people to engage you in your area of expertise. (Purpose Branding is available as a stand-alone training)
- Identify the customer that you are called to serve
- Understand how to make authentic connections (in person and online)
- Learn how to strategically leverage and grow your existing network
- Identify your value proposition and craft an award winning elevator pitch

\*\*\* ALL TRAINING'S CAN BE CUSTOMIZED TO MEET YOUR ORGANIZATIONS SPECIFIC NEEDS.



## THE MINDSET SHIFT: DIVERGENT THINKING, PROBLEM SOLVING AND DECISION MAKING SKILLS FOR THOUGHT LEADERS

The mind is the only thing that separates you from computers and animals. It is an invaluable asset that yields immeasurable results when strengthened and utilized. While the brain is powerful, it is highly underutilized as people are relying more on machines to do all the thinking for them. As a result, we are running on autopilot with very little thought, causing everything being produced to look the same. We've become a copy and paste society/ economy, operating beneath our potential. We are stifling our creativity and ability to truly innovate, making it harder to truly stand out in the marketplace. The good news is, there's a solution. We must train people to think divergently, to think and create from the fullness of their being and a means of developing new and unusual concepts, products and ideas to disrupt the marketplace.



### LEARNING OBJECTIVES:

- Understand how to courageously become a free-thinker to generate a myriad of bold, new, creative, unique ideas and solutions
- Learn how to avoid common decision-making and problem-solving barriers
- Identify the most effective ways to conduct research, gather information and identify the best solutions
- Learn how to effectively use a SWOT analysis to select the best ideas and solutions

*Kisha Allen is a great corporate trainer. She is always very positive, knowledgeable, has a great listening ear, and a great resource for advice. She has implemented many initiatives that helped me understand my potential and grow as a leader within and outside of my role. She is a great leader and a valuable asset to any company she serves in the future.*

*~ Priscilla Sanchez, Digital Marketing & Project Manager*





## MOVE FROM MOTIVATION TO **MANIFESTATION**

Are you guilty of being your own worst enemy? If you're like most, I'm sure that you can identify specific times where you've doubted yourself, criticized your work, procrastinated, dropped the ball or gave up prematurely. These self-defeating thoughts and behaviors are the reason why you haven't been able to birth your vision and live at maximum capacity.

### LEARNING OBJECTIVES:

- Learn how to overcome fear and self-sabotage
- Learn how to cultivate self-discipline and self-motivation
- Understand how to set strategic goals and develop an action plan to meet them
- Learn to identify and leverage existing resources and assets to achieve success

*Kisha Allen is an incredibly dynamic, interesting, informative and high-energy speaker and trainer. She spoke at our BusinessNSight Seminar and absolutely killed it! We had nothing but positive feedback and the Metrocrest Chamber of Commerce would recommend her highly!*

*Ryan Abrey, Manager of Programs and Marketing at the Metrocrest Chamber*



## NETWORKING AT WORK: **CULTIVATING A COLLABORATIVE WORK ENVIRONMENT**

Over my 10-year career in management, corporate training and recruiting, I've found that everyone wants to experience MORE in their career, life, business and relationships. In this search for MORE they jump from job to job and relationship to relationship, never recognizing that the issue is an internal one that can only be resolved through personal, spiritual and professional development. Fulfillment starts with you. You are the common denominator. Now ask yourself, am I willing to do the work that's required?

### LEARNING OBJECTIVES:

- Understand the importance of attitude and perspective in the process of living full
- Understand purpose and how to identify your assignment in life
- Learn how to establish a strong why and vision that will sustain you and push you to persevere
- Learn how to become the greatest version of yourself, living with awareness and reverence
- How to live with self-motivation and discipline, so that you can live powerfully



## **GET OUT OF YOUR FEELINGS (Emotional Intelligence & Self Actualization)**

### **MANAGING YOUR EMOTIONS TO PRODUCE RESULTS**

Everyone desires to be the greatest version of themselves, but many will struggle over their lifetime to achieve this place of self-actualization. Abraham Maslow suggests that as individuals find satisfaction in the five areas of their basic human needs, they change and experience greater levels of growth, ultimately reaching self-actualization. As these stages of growth are disrupted by life experiences and the whirlwind of emotions that come with them, many people end up stuck. Because of emotional immaturity, many people are unable to think clearly, make effective decisions and solve problems. In most instances, it's your feelings that cause you to lose focus and miss opportunities. This is why emotional intelligence is the key to achieving higher levels of self-actualization and has often been linked to higher levels of productivity and performance.

#### **LEARNING OBJECTIVES:**

- Learn simple steps to better manage your emotions to accomplish tasks and projects efficiently and effectively
  - Understand the eight competencies of emotional intelligence and how to reach higher levels of efficiency in each area
  - Learn how to live authentically, leveraging your strengths and cultivating the best parts of yourself
  - Learn how to conquer stress and live more fulfilled by maximizing peak experiences
- 



## **PRIORITIZING FOR INCREASED PRODUCTIVITY & BALANCE**

Every day we're challenged with the task of producing more with seemingly less time and resources, causing many people to find themselves in a place of burnout or lacking fulfillment. While time seems to be going faster, we still have the same number of hours each day and more resources at our fingertips than ever before, to produce the results that we desire. But how do you do this in a world filled with tons of distractions and demands? The truth is, there are no short cuts or tricks, but proven disciplines that will help you increase your productivity, while achieving balance. While many say that achieving work/ life balance is impossible, this training will provide busy professionals with proven ways to effectively prioritize and manage projects/ tasks.

#### **LEARNING OBJECTIVES:**

- Identify time robbers and learn proven disciplines for prioritization and better time management
- Learn how establish boundaries and work/ life balance without sacrificing productivity or increasing stress
- Learn how to set realistic deadlines and the importance of communication in the process
- Understand how to effectively determine the level of urgency of a task
- Learn how to align your thoughts and words with your intended outcomes to drive results



### **DIVERGENT LEADERSHIP: MANIFESTING MORE AT WORK**

Studies show that people leave jobs because of bad managers, but this is only half of the truth. If your organization struggles with employee retention, performance or leadership issues, check your culture, training, systems and communication or lack thereof. Understand that leaders are by-products of the organizations they serve and without proper training and resources, they will always fail. Yes, some may be born leaders, but even great leaders must be trained, corrected and continuously nurtured. This training is designed to equip leaders with the tools and information needed to have profound impact in their organizations. In a market that is always changing, it's important to have strong, emotionally intelligent teams, comprised of self-actualized thought leaders that produce results to stay ahead of and establish trends. To do this, you must have competent, emotionally intelligent, self-actualized leaders with influence leading the charge and modeling the behaviors that you desire to duplicate throughout the organization.

### **LEARNING OBJECTIVES:**

- Understand the attributes on an effective leader and how to lead among your team
- Understand how to leverage your influence and skills to cultivate and empower a cohesive team of productive thought leaders, while driving results
- Learn how to help your team find fulfillment in their work
- Understand how to build a team of driven, self-motivated team members that perform at a high level inspiring healthy competition
- Understand components of an effective performance management system and redirecting ineffective performance

\*\*\*This full program is available in a two day or six week format. Please note that there is an hour long presentation that focuses on the Attributes of Transformative Leaders That Drive Results.



## THE ART OF CONFRONTING CONFLICT

We will all have to face conflict at work at some point in our career because we all have different priorities, values, personalities and experiences, so we must all learn how to face it head on with grace, love and humility leading the way. We must understand that conflict provides an opportunity for dialogue that allows us to share ideas, identify solutions and see things from another persons perspective. This is why you must learn to step outside of your emotions when approaching conflict. Conflict resolution can only happen when the parties involved are mature enough to stop playing the blame game and get to the root of the issue.

### LEARNING OBJECTIVES:

- Identify conflict resolution barriers and how to overcome them
- Learn how to identify and get to the root of the problem so that it doesn't continue to fester
- Understand the role of emotional intelligence in effectively managing conflict
- Learn how to deliver criticism, bad news and resolve conflict with ease and grace
- Discuss ways to leverage conflict to engage your team, stir creativity, gain consensus and identify new opportunities
- Communication strategies to encourage open dialogue and reduce conflict



## COMMUNICATING WITH HONOR USING DISC

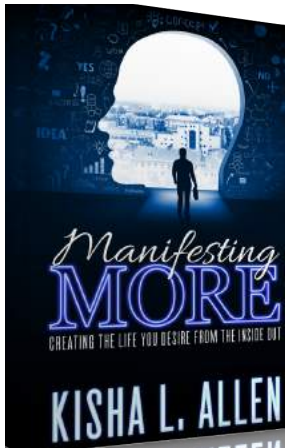
Communication is key to any successful relationship, even those that exist in the workplace. Your organizational success depends on your team learning how to effectively communicate with each other with dignity, respect and honor. We must learn to "tell it like it is," without damaging relationships or dishonoring others. Improving communication throughout your organization will break down silos, improve processes and reduce errors. As your team learns to honor each other and communicate, you see productivity and fulfillment increase. Please understand that you are always communicating, even in your silence.

### LEARNING OBJECTIVES:

- Review and understand how to utilize DiSC to communicate clearly and limit misunderstandings
  - Investigate different styles for communicating and how to communicate with dignity and respect
  - Adopt tools for effective communication
  - Acknowledge various temperaments and how they effect communication
- Improve your listening skills as a means of increasing your credibility and influence while building trust

# MANIFESTING MORE

LIVE WITH GREATER FULFILLMENT AND REACH YOUR HIGHEST POTENTIAL



We all want the same thing...MORE! However, most people struggle with how to access it, ultimately causing them to give up on their dreams and visions. Manifesting MORE is for those that are ready to break free of limits, face fear and take action to bring their dreams and visions to pass. It's time to live and create the life you desire. This training is for every visionary that longs to live in abundance and freely create. Participants will go through a vision and action planning process that is guaranteed to yield results.

This training will move you to operate in a new level of awareness, shifting your mind, body and soul to move into alignment, allowing you the freedom to reach your highest potential. By the end of this training, you will walk in a new level of power and authority, ready to pursue and overtake, claiming what's rightfully yours...By Any Means Necessary.

## LEARNING OBJECTIVES:

- Learn how to recognize and overcome fear, so that you can tackle self-sabotage
- Understand purpose and identify your assignment in life
- Learn how to write a W.I.S.E. vision for your life
- Learn how to live with greater self-discipline
- Develop strategic goals and create action plan that will guarantee results
- Learn how to conduct an asset inventory and use what you have to get started and gain momentum

"Kisha Allen is a dynamite powerhouse! She delivers her messages with such honesty and transparency that proves she is passionate about what she does. She is a true inspiration!"

~ Cheryl Roseborough, Founder of Blyss Agency & Self Esteem Elevated (S.E.E.)

## OTHER TOPICS TO CONSIDER

- Manifesting MORE at Work: Be Indispensable and Get Results
- Building Trust in the Workplace
- Cultivating Perseverance and Mental Fortitude
- Effective Meeting Management





## SERVICES

### DELIVER AN EXPERIENCE THAT IMPACTS THE WORLD

- **CORPORATE TRAINING & TEAM BUILDING:** Expose your team to energetic training with a fresh perspective that gets to the root of the issue and challenges them to think. Beyond Motivation trainings and team building programs are designed with the intended goal of cultivating self-actualized team members that operate with a high level of emotional intelligence and clarity to make room for creativity and thought. (Please note that all trainings are customizable and will be updated accordingly to Implement your organizations strategic annual/ brand messages and themes.
- **EXPERIENTIAL MARKETING & SITE VISITS:** Design your event, booth or trade show experience to move attendees towards and intended outcome. Train your team to be more engaging and bring energy to your brand or hire my team man your booth. Hire us to conduct site visits to ensure that your market managers, sign spinners, street teams and brand ambassadors are delivering your brand messaging and the experience as designed
- **INSPIRATIONAL SPEAKING, FACILITATION & EMCEEING:** Book me to speak at your next women's, business or church event or conference to have your strategic brand and sales messages delivered throughout your event to increase sales, exposure and social media engagement.

Book Kisha L. Allen to energize and equip the attendees at your next meeting, conference, office training or workshop. Please visit [www.movebeyondmotivation.com](http://www.movebeyondmotivation.com) or email [admin@beyondmotivation.com](mailto:admin@beyondmotivation.com) for more information.

## EXPERIENCE



### ➔ EDUCATION

- Southern Methodist University  
Cox School of Business  
Graduate Marketing  
Certification
- Texas A&M - Commerce  
Bachelors in Business  
Administration
- Cedar Valley Associates of  
Applied Sciences in  
Accounting
- Achieve Global Corporate  
Trainer/ Facilitator
- Development Dimensions  
International (DDI) Corporate  
Trainer/ Facilitator
- YogaFit Certified Yoga  
Instructor & American Fitness  
Institute Certified Personal  
Trainer
- Family Dynamics Institute  
Family & Marriage Facilitator  
Certification

### ➔ PREVIOUS ENGAGEMENTS

- ACCE
- Administrative Professionals Conference
- African Chamber of Commerce
- Brand Your Vision Event
- City of Garland & Garland Independent  
School District Buyer & Vendor Mixer
- Dallas Small Business Development  
Center
- GMDT Family Church
- Garland Chamber of Commerce Business  
Expo Networking Event
- Harmony Science Academy
- Leadership Garland
- Liberty Christian Ministries
- Metrocrest Chamber of Commerce
- National Association of Negro &  
Professional Black Women (NANPBW)
- One Community Church
- Plaid for Women - Flower Mound
- Self Esteem Elevated Event
- AICC of Oklahoma - The Gathering
- The Potter's House Staff Trainer
- Uplift Education
- Westwood College
- Women's Entrepreneur Resource Group

# YOUR BUDGET

Speaker Fee/ Honorarium	\$ _____
Hotel Accommodations	\$ _____
Air/ Travel	\$ _____
Meals/ Gratuities	\$ _____

(Meals, travel expenses and hotel must be covered if your event or training is outside Dallas/ Fort Worth, TX.)

<b>SUBTOTAL</b>	\$ _____
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Signature

Date



# DEPOSIT

A 50 deposit on speaker fees is required upon signing this agreement, with the remaining 50% due on or before the event or training date

# CANCELLATION/ MODIFICATION

Cancellation of all or part of this agreement must take place prior to your event or training. Please understand that when you reserve a date and allocate a deposit, this date is unavailable to others, so other engagements are declined as a result. Because of this our cancellation terms are as follows.  
25% of the total quoted price will be due if cancellation occurs a month before the event  
50% of the total quoted price will be due if the client cancels two weeks or less before the event

Also please note that any/ all modifications to the agreed upon presentation/ training must be approved in writing at least one week prior to the event

# NEXT STEPS

Once approved, please sign this page and email it to [admin@movebeyondmotivati on.com](mailto:admin@movebeyondmotivati on.com).

# OUR PROCESS

## BEFORE YOUR CONFERENCE/ TRAINING EVENT

**Step 1:** Complete the appropriate assessment.

This assessment/ form will be emailed to you after your engagement request has been received. Please note that there is a separate form for corporate training needs and one for speaking engagements. Please note that I receive a number of speaking requests throughout the year, so I want to make sure that each engagement/ training receives the attention it deserves. To do this, I request that all event and training managers complete the appropriate engagement questionnaire. These forms allow me to strategically formulate all material to meet your specific needs.

**Step 2:** Schedule a pre-planning discovery call.

Within 48 hours of receiving your completed assessment, a Beyond Motivation team member will email you to schedule a pre-event discovery call. During this call, we will ask a few strategic questions that will help us better understand your audience, intentions, challenges, expectations, strategic messages and themes, so that we are able to provide you with an experience that will transform the lives of your participants. The ultimate goal of this call is for us to connect, discuss the assessment and determine how you define success as it relates to speakers at your event. During this call, we will also determine a timeline for contracts to be signed and a slide deck and/or presentation outline to be delivered.

**Step 3:** All items will be delivered according to established/ agreed-upon deadlines.

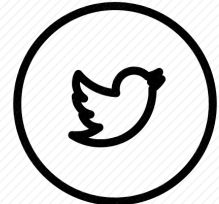
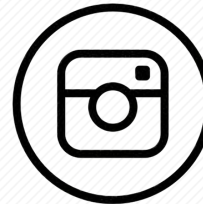
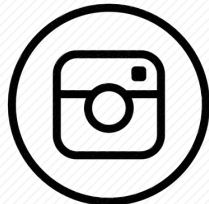
## DURING YOUR EVENT

At Beyond Motivation, we don't believe in delivering hype filled presentations or trainings. Our goal is to help open the hearts and minds of your audience, shifting their mindset and perspective to cultivate change and stir creativity. We are an experiential training firm, so our goal is to deliver an engaging, interactive training experience that grips the audience, while igniting and equipping them to act. With this being said, during your event, the approved presentation and topic will be delivered. In addition, we will make sure that we set-aside 10 to 15 minutes at the end for a Q&A session.

## AFTER YOUR EVENT

After your event and/ or training, a Beyond Motivation team member will contact you to assess your satisfaction and the satisfaction of your participants. We understand that you all will need time to review and organize survey results, as well as to unwind after the event, so the call will be scheduled based on your availability.





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