



JADA'S HEARTFELT AND COMPELLING STORY IS CHRONICLED IN HER NEW BOOK ENTITLED

Be-you-tiful

THE THREEFOLD PROCESS TO BECOMING YOU

> As a survivor of abuse, molestation, childhood rejection and abandonment, Jada opens the door of her heart on her tumultuous journey to international acclaim in fashion and media.

In Be-you-tiful, Jada turns her lessons learned into a methodical step by step road map for women of every age, to discover healing from the past and uncover the beauty within. Her personal story educates, equips and empowers through Practical Application sections at the end of each chapter. These step-by-step outlines unite the common hopes, dreams, and obstacles that everyone encounters.

Services

PERSONAL GROWTH AND SELF-ESTEEM
ADOLESCENT AND COLLEGE STUDENT
LIFE/CAREER & PERSONAL COACHING
IMAGE ENHANCEMENT
WORKSHOPS
LIFE STRATEGIES & LIFE COACHING
MODELING SCHOOL



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PRODUCTS:

WWW.TOTALLIFECOUNSELING.COM/SHOP
DVD'S, WORKBOOKS, IPOD DOWNLOADS &
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WWW.YOUTUBE.COM/TOTALLIFEMEDIA

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WWW.TOTALLIFECOUNSELING.BLOGSPOT.COM

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TOTAL LIFE

SELF *
ESTEEM
> MOTIVATIONAL
SPEAKING

LIFE
STRATEGIES
PROFESSIONAL
COMMUNICATOR

+
IMAGE
ENHANCEMENT
COACHING

TEENS
& YOUNG
ADULTS





HER STORY *her story*

From 1999-2009 Jada had the pleasure of modeling worldwide with Ebony Fashion Fair. As the Commentator and Spokes Model for the world's largest traveling fashion show, Jada modeled one-of-a-kind garments from celebrity designers such as Oscar de la Renta, Ana Sui, Vivienne Westwood, Christian La Croix, and Valentino. Jada walked over 1,500 runways and appeared in over 50 magazines. Jada strolled the streets of Paris, Rome, Milan, New York, Los Angeles and everywhere in between. However, life as a Supermodel proved to be just as disappointing as discovering the deception of false beauty and airbrushed magazine covers. The makeup, expensive clothes, celebrity parties and Supermodel status could never satisfy Jada's craving for love, contentment and happiness. As Jada traveled throughout the world, she met thousands of young women like herself. They longed for success, acceptance and validation. No matter what city, state or continent, the common thread was the same: poor self-concept. Through this evaluation, Jada began to address this issue in her life.

Today, after ten years of self-evaluation Jada began a "Be-You" campaign to empower girls and young women to embrace the freedom of just being themselves! The fashion industry provided a platform for Jada to speak, coach and encourage thousands of hurting women worldwide through her Modeling Bootcamps, Coaching and her book.

TESTIMONIALS

"Jada's honesty is very refreshing and inspires hope for people from all walks of life. Many of us have had very deep hurts but we can find a way to overcome them and live happy lives by taking responsibility for ourselves."

"You captured all the pain and emotion of an abusive life perfectly, and your 'recipes' for healing and moving on are invaluable. I have many of the passages of your book highlighted and the pages marked so I can refer to them on a daily basis. Thank you so much for your help"

Coaching Topics

- CHARACTER DEVELOPMENT
TAKING CHARGE OF YOUR PROFESSIONAL WORLD
- BODY IMAGE DISTURBANCES
FIGHTING LOW SELF-ESTEEM
- SEARCHING FOR YOU!
FINDING THE PERFECT FIT (PEER PRESSURE)
- LOOSEN YOUR GRIP
LETTING GO OF EXCESS BAGGAGE!

"JADA HAS A CREATIVE WAY OF CONNECTING WITH YOUNG WOMEN. SHE IS EASY TO TALK TO, PERSON-ABLE AND "DOWN TO EARTH."



CONFERENCES, SEMINARS, WORKSHOPS, HIGH SCHOOLS, & UNIVERSITIES

- Walmart Management Diversity Training
- Southern University-Shreveport, LA
- University of Miami (AKA Sorority)-Miami, FL
- Tidewater Community College-Norfolk, VA
- Regent University-Virginia Beach, VA
- Charles N Boggess High School & Middle School-San Antonio, TX
- Diva Youth Conference/Disney-Orlando, FL
- Women of Power and Success Conference-Orlando, FL
- Off the Court Youth Workshop-Orlando, FL
- Pace Center for Girls-Lakeland, FL
- Woman-to-Woman Conference-Dallas, TX
- Lanes Girls Club-Orlando, FL



JADA'S MODELING SCHOOL



- HOW TO HANDLE REJECTION IN THE MODELING INDUSTRY
- DRESSING FOR YOUR BODY TYPE
- JADA'S BEAUTY TIPS: *Skincare, makeup, personal/professional etiquette*
- RUNWAY ETIQUETTE (WORKSHOP)
- BREAKING INTO THE WORLD OF MODELING AND FASHION