

# My Expertise

## Adults

- Work-Life Management Strategies
- Working Motherhood
- Stress Management for Women Entrepreneurs
- Self-prioritization for Women
- Radical Self-expression

## Youth

- Early Lifestyle Management for girls (ages 11-18)
- Post-high school Lifestyle Planning (ages 16-22)

## LIFE CHANTING

*I write because written words hold permanent reminders.*

*I coach because a world of un-muted women is far more divine.*

*I speak because it's my opportunity to give and get live energy.*

*I lead workshops because it's far better to teach than to tell.*

DEFINE. DESIGN. LIVE.

Stop presenting and start being present! That's the life chant at The Life Design Agency, brainchild of Akilah S. Richards, entrepreneur and long-time writer and advocate of all things Empowered Woman.

Akilah 's work-life flow embodies the mantra: Define, design and live your fullest version of WOMAN! Stemming from her book, Execumama: A Pocket Guide for the Twenty-something Mommy on the Move (2007), her work has landed her in the role of trusted lifestyle management resource for women who want less stressful, more fulfilled lives.

Akilah has been called upon to share her Life Design strategies, covering entrepreneurship, marriage, parenting, and partnerships, at local (U.S.) and international events. Past speaking engagements and workshop deliveries include (among others) For Sister's Only (annual Atlanta-based expo that draws more than 250,000 shoppers over the 2-day event), the Women's Leadership Council at Clark Atlanta University, Blogging While Brown (annual new media and technology conference), and the Core Connection Lifestyle Yoga & Wellness retreat near Ocho Rios, Jamaica.

In print and online, Akilah has been interviewed by and featured in national publications such as Essence and Real Simple magazines, as well as MyBrownBaby.com, ClutchMagOnline.com, Grindandthrive.com, MyCulture.tv, and MSNBC's Today Moms blog.

The busy, Jamaican-born lover of good books and meaningful music resides in metro Atlanta with her husband and their two daughters.

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