

Rahkal Shelton Robinson

Certified Professional Life **Coach + Author + Speaker**



WHO I AM

Certified professional life coach, edupreneur, speaker, author, and the founder of Be The Inspired You, a motivational lifestyle brand created to challenge individuals to be the best version of themselves. I am passionate about serving and inspired others!

WHAT I OFFER

I help professionals identify and own their power so they can break free of self-imposed restrictions and live a more fulfilling life in and out of the workplace. I offer corporate training, workshops, keynote and panel speaking, individual and group coaching.



WHAT I BELIEVE

I believe in helping individuals fill in the gaps of where they are to where they want to be. I encourage mindfulness, healthy growth mindsets, affirmations, and collaborative work cultures. Sharing experiences transparently and authentically has the power to inspire and set others free personally and professionally.



Latest Book:

WOOSAH

A Survival Guide For
Women Of Color Working In Corporate

amazon

#woosahthebook



**Mindfulness & Strategy For Thriving In
Challenging Environments.**

**Be The Inspired You
Where You Are To Where You Want To Be**

**Identifying & Owning
Personal Skills For Professional Success**

**College & Career Readiness
Interviewing & Networking Strategies**

Rahkal Shelton Roberson

Certified Professional Life **Coach + Author + Speaker**



ABOUT ME

Sometimes, numbers do lie! Statistics say children raised in domestically violent homes and/or homes filled with substance abuse and poverty are less likely to succeed and more likely to become products of their environment.

These are my statistics; but, this isn't my story. I'm a firm believer in dreaming bigger and changing your narrative!

I am a first-generation high school, college graduate, and clinical depression conqueror with over 12 years of experience working for conglomerates, including CNN, Warner Media (formerly Turner Broadcasting System Inc.), iHeartMedia (formerly Clear Channel Communications), and Fox Chicago News. I have a Master's in Media Communications and Training, and my Bachelor's in Radio/TV/Film.

As a certified professional life coach, I am **PASSIONATE about SERVING and INSPIRING others**. I am a published author, speaker, inspiration enthusiast, and the CEO of Be The Inspired You. Over my career as a project manager, business coordinator, and producer, I've found that success is achieved by intentionality, strategy, and a healthy mindset. I learned that if you're no good personally (privately), you won't be effective professionally (publically) and the value of affirmations and holistic wellbeing. I am committed to helping others get to where they desire to be in life (personally and professionally).

WWW.RAHKALROBERSON.COM

LET'S WORK TOGETHER!

There's you and there's an inspired version of you. The inspired you is where you see yourself, and you are where you are. Let me help you close the gaps. Are you ready to **Be The Inspired You?**



30-minute coaching consultation \$0

1-on-1 Coaching \$150/hr

Group Coaching \$100/hr

90-minute Corporate Workshops \$1500/hr

Panel | Moderator | Keynote contact me



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College & Career Readiness

Interviewing & Networking Strategies

other topics available upon request

FEATURES & FORMER CLIENTS

Turner

HUFFPOST

CNN

s|three



EMORY UNIVERSITY

CHICAGO'S VERY OWN WGN9

Forbes



ATLANTA PUBLIC SCHOOLS



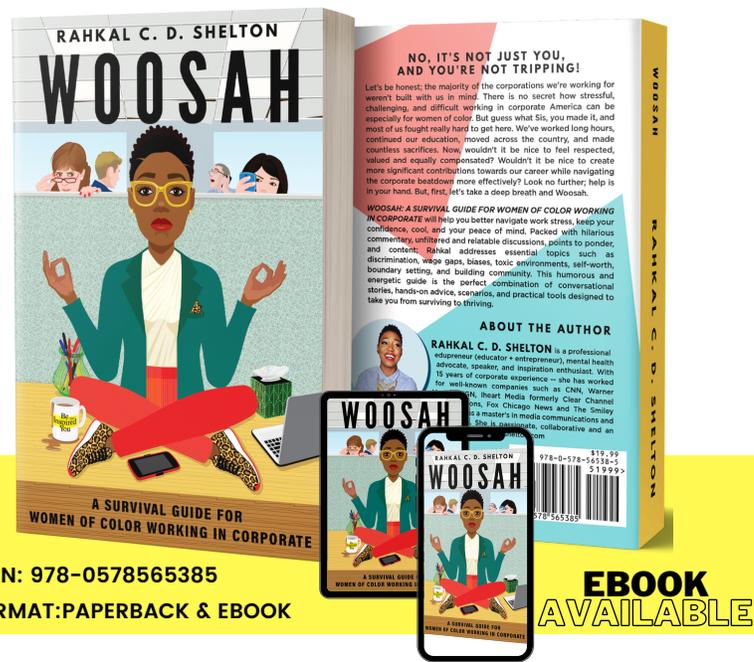
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**EBOOK
 AVAILABLE**

WOOSAH

A SURVIVAL GUIDE FOR WOMEN OF COLOR WORKING IN CORPORATE



ABOUT THE AUTHOR



Rahkal Shelton Roberson is a certified professional life coach workplace peace advocate, speaker, CEO and inspiration enthusiast. With 12 years of corporate experience—she has worked for well-known companies, including CNN, Warner Media, WGN, iHeartMedia (formerly Clear Channel Communications), and Fox Chicago News. Rahkal has a master's in media communications and training and is an HBCU alum. She is passionate about helping individuals find harmony and strategy for thriving in life.

NO, IT'S NOT JUST YOU, AND YOU'RE NOT TRIPPING!

Let's be honest; the majority of the corporations we're working for weren't founded with us in mind. It is no secret how stressful, challenging, and difficult working in corporate America can be, especially for women of color.

But guess what, Sis? You made it, and most of us had to fight really hard to get here. We've worked long hours, continued our education, moved across the country, and made countless sacrifices. Now, wouldn't it be nice to feel respected, valued, and be equally compensated?

Wouldn't it be nice to create more significant contributions toward our careers while navigating the corporate beat down more effectively? Look no further; help is in your hand. But, first, let's take a deep breath and woosah.

FEATURED ON MAJOR PLATFORMS INCLUDING FORBES, WGN, & HUFFPOST

Woosah: A Survival Guide for Women of Color Working in Corporate is guaranteed to help you better navigate the workplace while keeping your confidence, cool, and peace of mind. Packed with down-to-earth commentary, unfiltered and relatable stories, exercises, and practical tools in it, Rahkal provides invaluable advice for tackling thorny topics like discrimination, wage gaps, biases, toxic environments, self-worth, boundary setting, and community building. This humorous and energetic guide is for the woman who's ready to thrive.



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