

MEDIA KIT



Monda D Drayton

LIFE EMPOWERMENT COACH
WOMEN'S CONFERENCE SPEAKER
PODCAST HOST
AUTHOR

YOUR LIFE NAVIGATOR

MEET *Ulonda*

Ulonda D. Drayton, Your Life Navigator, is a force to be reckoned with! She is professional, approachable, keen and engaging! Coaching sessions with her will change your life! Her relationship with God and powerful prayer life is the foundation of her coaching which produces massive results! Ulonda has been navigating lives of women who are tired of being stuck at the crossroads of life for nearly 10 years. Her presence demands your attention and her passion for empowering and inspiring women through her delivery commands your attention.

"Your life's journey is your life journey, you just have to learn how to embrace it and navigate through it," says Ulonda. Life Happens! Let me help you navigate through life's detours and embrace the life you desire!



Ulonda has navigated hundreds of women through her signature programs, workshops, one-on-one sessions, podcasts and her retreats. She is on a mission to coach women on how to make that left turn from Stuck Lane, leave Basic Boulevard and ditch feeling average on the Avenue. If a woman desires more out of life and wants to feel fulfilled by embracing her why, I will help her navigate through those crossroads and become the MVP she is destined to be.

She has self-published her book, "Navigate Your Life", that gives a step-by-step guide on how to blend your passion with God's purpose. Her podcast, The Authentic Journey Podcast, empowers and inspires women weekly to be empowered and inspired to truly live an impactful authentic life full of purpose! Her "Hey Sis! It's Ok!" retreat has become a place for women to be authentic and transparent about their life's journey every year. A safe space and place for them to be Intentional about how to embrace Growth, Healing and Restoration in every capacity of their lives. Ulonda also speaks at other women empowerment events live and virtually all over. She also has created, Navigate Your Life workshops and her 4-Week Navigate Your Wounds individual coaching program.

*Let
The
Journey
Begin*



Signature Topics

- ✓ The Real GPS
- ✓ Confront Choices You're Making in Life
- ✓ Following and Trusting "Your" Journey
- ✓ Recognizing How Life Wounds make an Appearance in your life
- ✓ Your Healing is Obtainable and Sustainable
- ✓ Navigating through Situations that Invites the Memories of life wounds
- ✓ How to Recognize 7 Stumbling Blocks Preventing you from Living Your Best Life



Ask Ulonda

1. How to create healthy boundaries with family and/or friends?
2. What tools can I have/use to not go back to being stuck, feeling unfulfilled or stagnant?
3. How to move/start beyond the fear?
4. How to change the perspective on the answer to the question, What if it doesn't work?
5. What are some affirmations or motivations you can repeat to yourself in order to reset/start new?
6. Why does starting over seem so difficult?
7. Am I too old to start over?
8. How do you start over with nothing?
9. How do I just take the leap?
10. Why do I feel skeptical and completely interested all at the same time?
11. Where do I start with the start over?
12. How do I fully know that I'm starting over again? Is this a start over because I just want to start over or is this a start over because God said I need to start over?
13. How do I fully know that it's not me starting over and that is actually God starting me over?



Fun Facts about Ulonda

MY FAVORITE INSPIRATIONAL QUOTE IS...

And we know [with great confidence] that God [who is deeply concerned about us] causes all things to work together [as a plan] for good for those who love God, to those who are called according to His plan and purpose.
Romans 8:28

WHAT'S SOMETHING MOST PEOPLE DON'T KNOW - AND PROBABLY WOULDN'T BELIEVE - ABOUT YOU?

I was in a singing group at the age of 3. The name of the singing group was "The Shillettes"

HOW MANY PAIRS OF PRESCRIPTION GLASSES DO YOU OWN?

I have about 20 pairs of perscription glasses...funky frames! Her motto about glasses is, "If I need them to see they gotta be cute!"
So can you guess

MY PERFECT DAY WOULD START WITH AND END WITH

Start with a Prayer and End with a Prayer!

WHAT'S THE BEST ADVICE YOU EVER GAVE?

When you are having a conversation about someone and they are not present, be very sure you can repeat what is said in the front of said person!

WHAT'S YOUR FAVORITE PLACE TO TRAVEL TO?

Okinawa Japanese prefecture! Its such a beautiful, calm and serene place. And I get to drive on the opposite side of the car on the opposite side of the road. The food is amazing which feeds my Inner Foodie Monster!

Signature Offers



NAVIGATE YOUR WOUNDS

4-Week Session Design a plan that is specific to your healing, life's journey, needs and aspirations!



HEY SIS! IT'S OK!

3-Day Retreat How to Embrace Growth, Healing and Restoration in every capacity of your life.



NAVIGATE YOUR LIFE

1-Day Live Experience Confronting the Choices You're Making in Life and Navigating through the Challenges of life!

Breakthrough to Better



BREAKTHROUGH TO BETTER

2-Day Live Tele-Seminar Recognize 7 Stumbling Blocks Preventing You From Living the Life You Desire!



ONE-HOUR-OF-POWER

1 Hour One-on-One session to provide a safe place to be transparent, feel safe and heard to get back on track.

Podcast, Book, Clips & Articles

How to Reroute When You Feel You've Taken a Detour

Download The Real GPS: God's Positioning System

By Ulonda D. Drayton

Knowing and understanding that God is the real GPS in your life will allow you to figure out at what point in life you made the wrong turn, where you detoured off the route that God designed. Your journey starts with the three necessary steps below to reroute your life so that you can fully live the same life God designed and created you.

- Transform (Ab-Suff-Direct) - Make the conscious decision to change.**

Alter your thoughts and begin to believe what God says about you. Shift your mindset to understand the plans God has for you. Delete every negative thought and distraction from the enemy because he comes into your life to kill, steal, destroy, and feed us lies. The Word of God says that we have to be transformed by the renewing of our minds. "And be not conformed to this world, but be ye transformed by the renewing of your mind, that ye may prove what is the good and acceptable and perfect will of God." (Romans 12:2 KJV)

- Reform (Improve) - Start the process of changing and improving.**

Reclaim the foundation of your faith by making the commitment to your reformation. Forgive yourself, release yourself from past mistakes, and then let

Powerhouse Women in Business

More Growing, Less Reinventing

Ulonda D. Drayton is a Life Navigator who helps women embrace their journey by defining or redefining their authentic path. The path God created them to travel. Her mission is to Empower Women to live their Life of Purpose on PURPOSE! "Your life journey is your life journey, you just have to learn how to navigate through it," says the South Carolina native.

Women, naturally gravitate toward her as if they can see an eye of her internal passion for helping guide them through their life journey. Ulonda discovered that women often did not know their purpose or were trying to avoid it. The 42-year-old wanted women to know the power and authority they have in knowing who they really are and they have the Power to "Ab-Suff-Direct" any situation in their lives. Alternate their thought patterns to a more positive thought, shift their mindset to align with their life of purpose and Ulonda will help them break free from their everyday life either the traditional or not.

Ulonda has been navigating women through life for over 20 years. In helping others navigate through their journey called Life, Ulonda is blessed to have the full support of her husband, her daughter and son, her best friend, singing, laughing and building memories with her family.

Ulonda is now on a mission to help women change their perspective and embrace their purpose. Ulonda is also co-founder of U.L.I.C., an organization focused on breaking multicultural lines through discussion and conversation and Advanced Professionals of Technical Solutions (APTS) a technical solution company that provides their clients with multiple technical ideas and solutions.

Ulonda offers a range of programs and services from individual coaching sessions, group coaching sessions, to seminars, conferences and motivational speaking to help aid women with their personal development.

To contact Ulonda, please visit her on Facebook "Ulonda D. Drayton" (facebook.com/ulondadrayton) Instagram: @ulondadrayton Website: ulondadrayton.com/ulondadrayton.com/ 843.970.0150

The Garden of Life

By Ulonda D. Drayton

They sowed fields and planted vineyards that yielded a fruitful harvest; he blessed them, and their numbers greatly increased, and he did not let their herds diminish.

(Psalm 107:37-38 NIV)

Farming is much more complex than most of us realize. For starters, the farmer has to be educated about the seeds—the easiest seeds to grow, the more profitable seeds, when to plant the seeds, how to care for the seeds to cultivate growth, and most importantly, what seeds will reap a bountiful and plentiful harvest.

A farmer is also responsible for preparing the land, planting the seeds, caring for the plants that grow, and harvesting the mature crops. Therefore, a farmer has to plant seeds with a purpose and be strategic when it comes to their crops and the harvest they envision.

You are the farmer and your mind is your Garden of Life. Navigating your life is more complex than most realize, but so rewarding at the same time. We have been trained to see the word "complex" and immediately think "difficult" or "hard." Let's start by changing how we see this word. Complex means integrating many unique but related parts to produce excellent!

You are responsible for preparing the land in your mind, for planting the seeds, caring for the thoughts

that grow, and harvesting the blessings. You should be planting seeds in your Garden of Life that empower and inspire you, so you can be impactful upon those who are attracted to your "why" and will be set free through your purpose.

What type of seeds are you planting in your mind on a daily, weekly, monthly, or yearly basis? What is the easiest seed for you to plant and grow? Which seed is more profitable? How will you care for those seeds to cultivate growth and reap a bountiful harvest?

Plant seeds of determination, trust, hope, belief, love, peace, joy, and fortitude. Establish that mental health institution, be your own boss, start your own television network, the list goes on and on.

Your mind is your Garden of Life, and your thoughts are the seeds you plant there. Will you reap a bountiful harvest or a bunch of weeds? The choice is yours!

Available on Amazon.com and other online book retailers

THE AUTHENTIC JOURNEY PODCAST

WITH ULONDA D. DRAYTON

NOW PLAYING

THE AUTHENTIC JOURNEY PODCAST

10 10

NAVIGATE Your LIFE

YOUR GUIDE TO BLENDING YOUR PASSION WITH GOD'S PURPOSE!

NAVIGATING THROUGH THE DIFFERENT ASPECTS OF LIFE CAN BE CHALLENGING. NAVIGATE YOUR LIFE WITH ULONDA DRAYTON'S GUIDE TO IMPROVE YOUR LIFE AND PEOPLE YOU DREAM OF.

Ulonda D. Drayton

Check Out Ulonda D. Drayton Story

Today we'd like to introduce you to Ulonda D. Drayton.

Hi Ulonda, so excited to have you with us today. What can you tell us about your story?

I am married to Bernard O. Drayton, Sr., and the mother of two, my daughter and my bonus son (our children), Adacia S. Mitchell & Bernard O. Drayton, Jr.

Early on in life (around the age of 8 or 9) I always had the passion and drive for helping others. I would tell my mom all the time growing up that I wanted to be a family court judge. Why she would ask. And my answer would always be because I want to make a difference in the lives of every family. I felt deep down in my heart that if I could just sit down with any family that were in turmoil or were facing challenging moments, I could help them navigate through life legally and spiritually. This mindset for me went on all through middle school and early part of high school. Somewhere during high school, my mindset began to change. It then switched to being an elementary school teacher...still with the mindset of helping but now from the standpoint of helping out the kids while they're young and still impressionable. By the time I

LOCAL STORIES

THE CHANGE-MAKERS: STORIES THAT INSPIRE

15 AMAZING FEMALE FOUNDERS CHANGING THE WORLD

INTROVERTED ENTREPRENEUR SUCCESS STORIES: EPISODE 1

HEART TO HEART WITH WHITLEY: EPISODE 1

11 POSITIVELY I VIDEOS

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The Journey Testimonials

"Because of Ulonda D. Drayton's wisdom, teaching and inspiration, I can honestly say that I've been led to my Breakthrough for Better!!!!"

-LaTonya

"Thank you for pouring into us and allowing God to use to you to channel our thinking purposefully!"

-Mautisha

"Ulonda D Drayton I truly blessed the Lord for using you as a vessel, and download what we need and what you're doing to help broken, but not shattered woman to become Certified Birther!"

-Wanda

"I am honored to say the retreat was anointed and blessed by God. I must say, Ulonda D. Drayton you did that. It was well planned. Guess what? I left there with my credentials in hand. I am a Certified Birther."

-Sharon

"My time with Hey Sis! It's Ok was amazing. Everything and everyone was delightful. I was very impressed on how much time was spent making sure we build a sense of community and trust."

-Karen

Ulonda is a force to be reckoned with! She is professional, approachable, keen and engaging! Coaching sessions with her will change your life!

-Charece

Contact Information



info



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