MEDIA KIT



LIFE EMPOWERMENT COACH
WOMEN'S CONFERENCE SPEAKER
PODCAST HOST
AUTHOR

YOUR LIFE NAVIGATOR

MEETUlonda

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 Tourney Begin



Signature

- 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



A s.k. 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 answerr 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 Shilettes" $\,$

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

Start with a Prayer and End with a Prayer!

AND END WITH

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



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!



BREAKTHROUH TO BETTER

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

ORPHING ONE-HOUR-OF-POWER

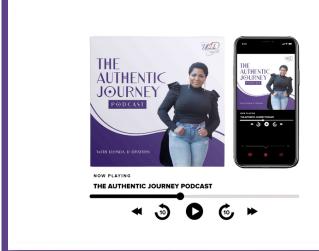
1 Hour One-on-One session to provide a safe t Woods D Drugton place to be transparent, feel safe and heard to get

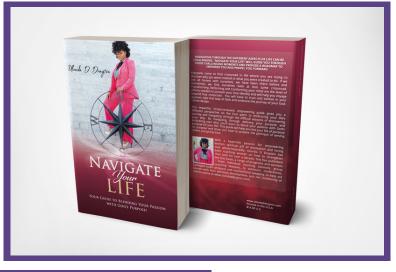
Changing Lives of Women Inside and Out

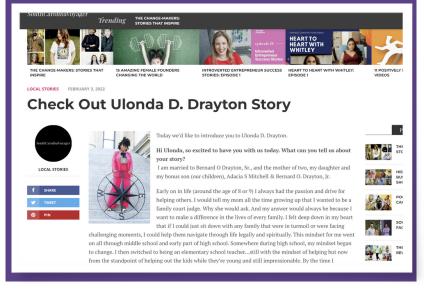
Podcast, Book, Clips & Articles











The Journey Yestimonials

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

- La Tonya

"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

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Contact



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