Leading Through Healing

Olukemi Bernard
OLUDARÉ: Established 2015

Growing up in Lagos, Nigeria, I understood the importance of wellness from an early age. As I grew older, I realized that wellness was not just about maintaining good health but also about personal growth and development. I decided to pursue a career in the wellness industry because it allowed me to help others achieve their goals and live more fulfilling lives.

Oluwatosin Ashipa
OLUDARÉ: 2018-2020

I have always been passionate about wellness and helping others. When I joined OLUDARÉ, I was excited to be part of an organization that is dedicated to promoting health and well-being. I have worked with many clients from different backgrounds and have been able to help them achieve their wellness goals.

Linda Kiang
KIIRE Wellness: Established 2017

I have always been interested in wellness and have pursued it in various ways throughout my life. As an artist, I have used my creativity to help others find peace and balance. I have also worked as a teacher, focusing on self-care and setting boundaries. I am now the owner of KIIRE Wellness, where I use my skills to help others achieve their wellness goals.

What services do you provide?

Whether an individual or a business, I offer counseling sessions and outreach services to help people find their way to wellness. I also offer workshops and seminars on topics such as self-care, stress management, and mindfulness.

Can you explain the concept of your business?

My business focuses on helping people find peace and balance in their lives. I believe that wellness is not just about physical health but also about mental and emotional well-being. I offer services that help people address their unique needs and work towards a healthier, happier life.

What inspired you to start your own business?

I have always been passionate about wellness and helping others. I decided to start my own business to give people the opportunity to work with someone who understands their needs and can help them achieve their wellness goals.

What are your long-term goals?

My long-term goals are to continue growing and expanding my business. I want to help even more people achieve their wellness goals and to create a community that supports wellness.

What impact do you hope to have on the wellness industry?

I hope to make a positive impact on the wellness industry by promoting wellness as a lifestyle and not just a trend. I want to help people find their way to wellness and inspire others to do the same.

Kianga Bunch-Thompson
Spelman University: Class of 2010

I graduated in 2015 and immediately started pursuing a career path because I come from a healing, service to others. I attended Mount Holyoke College for my MFA in Dance program. It was amazing to find these prestigious programs showing interest in what I had to offer. My book was also used as a thesis study at Dartmouth. The book was also used as a thesis study at Harvard and other universities across the country.

What are your long-term goals?

My long-term goal is to continue utilizing my resources to my advantage. I will use my skills to help others. I believe that everyone has a role to play in the future of our society, and I want to be a part of that change.