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Let Yourself Blossom
Your Life Re-imagined



“What would life be if we had no courage to attempt anything?” —
Vincent van Gogh

Promoting change and holistic growth

Life Coaching is the process of addressing specific personal goals, general life conditions, life transitions and relationships challenges, to improve one's quality of life. It's about looking at your current state of being to explore areas of opportunity. Areas that serve as obstacles to you becoming the person you have always wanted to be. We offer the following individual & group services to assist our clients in meeting their personal goals.

Career Coaching aids our client in obtaining the job of their dreams. The seminars focus on the essentials needed to obtain your dream job and develop the needed skills to meet your promotion potential. Topics include:

- Employ-ability Seminars & Workshops
- Conflict Management
- Career Transitions

Clients can schedule personal appointments to address their career needs or attend a group workshop. Workshops follow a standard format, that can be modified to meet the needs of a particular organizations needs. The following topics are available for workshop content include:

- Interview Skills
- Resume Writing
- Professional Dress
- Computerized Applicant Screening
- Business Etiquette
- Conflict Management

The Ministry Training Center

Knowledge Upon Precepts courses are designed to provide an inclusive and holistic approach to ministering to other. They are formatted to be easily modified to meet the needs of any organization or church doctrine.

Fitness Services - Coach Perky works with individuals and groups to achieve fitness goals. She provides customized personal training and group fitness instruction to meet the needs of each individual client. Classes held weekly at:

For more information or to schedule classes or personal training appointments contact Coach Perky via email coachperkyfitness@gmail.com



Paul L. Perkins III BAS, MBA

Paul L. Perkins III has worked for over 20 years as Human Resources professional. His passion for education continued to grow during his time as a Career & Academic Advisor and Adjunct Business Professor. Over the past 15 years, Paul has served as a Sunday School teacher, mentor, finance officer, and various other ministerial leadership capacities. In addition, he has served as an ordained elder for the Church of God in Christ in Lansing, Michigan since 2012.

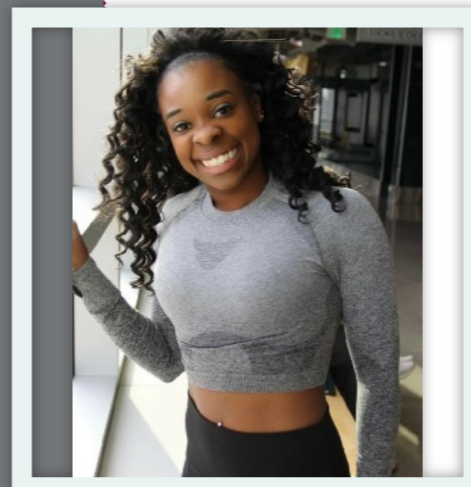
Paul obtained a Bachelor's of Applied Science in Management and a Masters of Business Administration in Strategic Management from Davenport University.



Kieshaune Perkins BAS, MA, MCM

Prior to founding this organization, Kieshaune spent over 10 years working in for profit management and 9 years working in the field of nonprofit administration in both education and in ministry. She has also worked as an educator and course designer. During her ministry career she has also served in various capacities in her local church over the last 15 years.

Kieshaune holds multiple degrees including Bachelor's of Applied Science in Business Professional Studies with a Minor in Marketing, Masters of Arts in Human Services with a Specialization in Marriage & Family Counseling, an a Masters of Christian Ministries from Liberty University. She also holds certifications in Life Coaching with ACCA and HIV Prevention & Test Counseling for the State of MI.



Kaila Y. Perkins AKA Coach Perky

Our fitness partner, Coach Perky believes that a lifestyle change is necessary when attempting to reach your fitness goals, both in the areas of exercise and nutrition. The key to successfully attaining your fitness goals hinges on how you fuel your body. Once you are able to adopt a healthy rhythm, you will start see a change the life change you desire. Beginning a fitness journey will not be easy, however Coach Perky will be able to provide the support and tools you need to be successful.

Credentials:

Education: Associates Degree in Psychology, Lansing Community College. Currently pursuing a Bachelors of Applied Science in Psychology & Personal Health at Arizona State University.