



ANIKA WILSON BROWN



COACH * THERAPIST * URBAN PRIESTESS *
SPEAKER * SPIRITUAL LEADER

Spiritual Empowerment For the Contemporary Woman



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Manifest Maven

ANIKA WILSON-BROWN, MSW, LGSW



Imparting ancient spiritual truths with contemporary flair, Anika is an expert on manifesting dreams into reality. She inspires audiences by uniquely integrating proven therapeutic techniques and spiritual principles to breakthrough past pain and activate Divine potential. Anika's approach is Dynamic, Engaging, and Transformative and will indeed empower your attendees!! Topics include:

■ Mine Your Mind

Dig Deep! This Mental Detox will help remove the obstacles that keep you from manifesting your deepest desires. With a renewed mind, you can experience everything you envision!

- Identify negative thinking patterns that block your growth
- Excavate limiting mindsets & beliefs
- Reset your Mindset- transform your reality by shifting your thinking

■ Metamorphosis

Change is a part of life. It is time to leave the comfort zone of the cocoon and soar into the extraordinary possibilities. Stand in the spotlight, center stage & never play small again!

- Learn lessons from the caterpillar – isolation is preparation
- Explore where you have settled & ignored your butterfly potential
- Transform fear into power
- Identify where you can soar when limitations are removed

■ Manifest ME!

Activating the Extraordinary in the Ordinary Woman. Do you know that the life you are living is not all there is? Experience how the power of affirmation and intention to shift your reality.

- Clarify your Divine Purpose & Stand in it Authentically
- Escape the Routine of Auto-Pilot & Create the Life of your dreams
- Learn 3 essential points to activate the power within YOU

■ Courage to Remove the Mask

Women are programmed to wear a mask to please everyone else. But who are you really? Not the label, role, position or title. Discover the freedom of standing in your true identity.

- Discover the ways you have been covering up your greatness
- Increase your awareness of your inner power & sense of self
- Realign with your vision for yourself & boldly pursue it
- Learn three keys to radical confidence & put them to action
- Release yourself from people pleasing & satisfying everyone else

BIO

Dynamic. Engaging. Transformative. These three words give witness to what has become the lifework of Empowerment Coach, Anika Wilson Brown. Anika's innate ability to fuse the treatment of body, mind, and soul for a lasting indelible impression on one's best self and best life puts her in a category of her own.

Dynamic. One of the most sought-after speakers on the topic of merging faith and psycho therapy, Anika has spoken on diverse platforms, ranging from arena-sized gatherings to one-on-one small sessions. She uses her platform as a means of helping the individual actualize his or her best self. As the Keynote Speaker for Iyanla Vanzant's Inner Vision Life Coaching Graduation, Anika was able to help the audience connect the dots of body, mind, and soul in a practical way, charging them to go out into the world with the confidence that they are living both in and on purpose. At the National Alliance on Mental Illness, Anika shared a groundbreaking presentation on Spirituality and Mental Health, making plain the dire need for people and institutions of faith to both acknowledge and embrace therapy as a method of healing, in addition to prayer and faith traditions. As a Licensed Graduate Social Worker (LGSW) and PhD Candidate who provides clinical assessment and clinical psychotherapy to clients with primary or secondary mental health challenges, Anika skillfully crafts an approach to wholeness that embraces and balances both the behavior of people as well as the science behind the behavior. Her message is one of healing and restoration through practical application. Her message is Dynamic.

Engaging. It is said that people don't care how much you know until they know how much you care. This concept is a foundational one for Anika in the work that she does with groups and individuals. Raised as the eldest child of Baptist Ministers, Anika learned early in life how to hide in the shadows of low self-esteem and intimidation. Too shy to speak in public, it wasn't until her teen years that she slowly began to emerge from the background and find her voice, only to be engulfed by the blazing glare of the ministry spotlight. It is from those moments of uncertainty and despair that Anika's sensitivity to people's real-world problems developed. To that end, she continues to work tirelessly to reach the people who feel utterly lost, re-engaging them in life to remind them that every day provides an opportunity for them to start all over again. Her approach is one whereby she helps people identify the root of their problems so that they might begin to work on core issues instead of repeatedly treating the symptoms. Her approach is Engaging.

Transformative. There are several facets to each person's life that make him or her feel inadequate at times. One of Anika's goals is to create strategic plans for her clients to enhance these lesser components in order to successfully become what is, for them, the Total Package. Her personal development-coaching program, Manifest Me, is designed to address ways for strengthening these areas by focusing on Confidence Building, Empowerment and Vision Planning. One of the components of the program includes "Mine Your Mind", a 21 day Mental Detox that is centered around eliminating negative thought patterns and beliefs to improve life functioning. Because Anika is so passionate about guiding her clients through the process of visualization and implementation of their best lives, she has been affectionately named "The Manifest Maven". The results of her program are that people identify their strengths and abilities and are equipped to walk boldly in them. Her results are Transformative.

It is never easy for one to take hold of another person's hopes and dreams and help that person bring them into fruition, but Anika does just that with a tremendous amount of Grace. For her, people are not projects. They are incredible gifts just waiting to be unwrapped and shared with the world. Her gift and greatest joy is helping them help themselves. Her message is dynamic. Her approach is engaging. Her results are transformative. **Anika Wilson Brown. Dynamic. Engaging. Transformative.**

Hire Anika

This is your Moment of Manifestation!!

There is no experience like the Anika Wilson-Brown Experience! Anika Wilson-Brown is available to speak to your group in a number of different ways. Take a look at the options below; let us know if one works for you, or if we can design something that meets your specific needs.



■ GENERAL KEYNOTE (1-2 hours)

Anika will develop an inspiring opening session address that will begin your conference on a great note. Anika will energize your conference guests with an empowering presentation that will give them tools to maximize their everyday living.

■ INTERACTIVE KEYNOTE (2-4 hours)

When you want your audience to have the experience of interacting with the presentation materials, Anika will expand her keynote to include self-empowerment exercises that will take your audience to the next level. This engaging experience is transformative and fun.. fun... FUN!

■ GROUP COACHING SESSION (4-6 hours)

Anika's customized Group Coaching sessions are a powerful way to engage a group in activities related to personal growth in a particular area. These sessions are very interactive and involve exercises that will result in significant life changes. Group Coaching Sessions have been conducted on various topics including: forgiveness, vision planning, love & relationship and sexual empowerment.

■ TRAINING (4-8 hours)

Increase productivity in your team with a customized training with Anika. The training can include team building, interpersonal connections, mindfulness, self-care, preventing burn-out and host of other topics. These trainings are tailored to your needs.

View a Video of Anika at: www.anikawilsonbrown.com

Testimonials

"I booked Anika to speak at our annual community conference and she was nothing short of fantastic! Her discussion on spirituality and mental illness was candid and inspirational. She challenges clinicians to provide services in a way that recognize the whole person and motivates consumers to honor themselves throughout the recovery process. She took what is very often a hidden and difficult conversation and presented it with the perfect combination of intellect and empathy. I have received so many positive comments about how well received the information was and how much people were touched by what she shared.

I hope this is the beginning of lasting partnerships that we can continue to strengthen as we serve the community."

Sophie F. Clark, Executive Director
National Alliance of Mental Illness (NAMI DC)
422 8th Street, SE
Washington, DC 20003
www.namidc.org

"Becoming WHOLE is an integrated process which requires the wisdom of one who lives an integrated life! One of those women is Anika Wilson Brown. A dynamic speaker, compassionate clinician, visionary leader and one who epitomizes "family first!" Hurting people hurt people and healed people heal people! Anika Wilson Brown is indeed a "Warrior Healer!"

Dr. Vikki Johnson
Chaplain, Speaker,
Founder of Soul Wealth Academy
Vikkijohnson.com

**"...nothing
short of
fantastic!"**

**"A dynamic
speaker."**

Speaking Engagements

Conferences/Special Events

MILLION MAN MARCH 20TH ANNIVERSARY 2015
Justice for Women Committee Co-Chair
Opening Ceremony Meditation

HAMPTON UNIVERSITY MINISTER'S CONFERENCE
Keynote – ***Empowered to Win!***

INNER VISIONS WORLDWIDE INSTITUTE FOR
SPIRITUAL DEVELOPMENT – Iyanla Vanzant
Keynote – ***The Best Days of my Life Begin TODAY!***

I AM A WARRIOR 1800 TOUR - PANEL: FEARLESS
FACTOR – RELEASING YOUR INNER FEARS
– with Dr. Vikki Johnson & Dr. Natalie Forest

RADIO ONE - WKYS/WOL RADIO TALK SHOW
TRENDING WITH EZ
Guest Expert – ***“Mental Health in Black America” March, 2014***

RADIO ONE - WKYS/WOL RADIO TALK SHOW
TRENDING WITH EZ
Guest Expert – ***“Dealing with Depression” December, 2013***

NATIONAL ALLIANCE OF MENTAL HEALTH
Keynote – ***The Integration of Psychology and Spirituality***

LOYOLA UNIVERSITY MARYLAND
Presentation - ***Cognitive Behavioral Therapy with African American Women***

MILLION MAN MARCH – WOMEN FOR
JUSTICE RALLY
Keynote – ***I'm Sick and Tired of Being Sick and Tired- A Black Woman's Definition of Justice***

SPELMAN COLLEGE LOVING ME
GIRLS CONFERENCE
Group Coaching Session – ***Cultivating the Leader Within***

Conferences/Special Events (cont.)

SURRENDERED LIFE WOMEN'S SYMPOSIUM
Group Coach Session – ***Living a Balanced Life: Mind, Body, Spirit***

RESTORATION WOMEN'S RETREAT
Group Coaching Session - ***Cutting to the Core, Healing the Unseen Pain***

THE MRS. PROJECT WOMEN'S CONFERENCE
Keynote – ***The Reality of Marriage***

KINGDOM WOMEN'S RETREAT
Panel - ***Women Raising our Awareness, Raising Our Voices***

Churches

Union Temple Baptist Church
Great Mount Calvary Holy Church
Hunter Memorial African Methodist Episcopal Church
Real Life Today Church
Judah Christian Center
Greater Works International
Bethlehem Baptist Church
Tabernacle of Praise Women's Retreat
Bethel Christian Church
Kingdom Fellowship Church
Liberty House Ministries
Macedonia Baptist Church
New Mount Olive Baptist Church

Schools

Benjamin Banneker High School
Bowie State University
Hampton University

EDUCATION

Doctorate of Philosophy, Pastoral Counseling- Loyola University Maryland, Columbia, MD 2012-Present (anticipated completion 2018)

Masters of Social Work- Catholic University of America, Washington, DC 2004

Bachelors of Arts Psychology, Spelman College, Atlanta, GA, 1997

AFFILIATIONS

- * Spelman College Alumnae Association, DC Metro Chapter
- * Assistant Pastor at Union Temple Baptist Church
- * National Grants Management Association

LICENSES/CERTIFICATIONS

- * District of Columbia Licensed Graduate Social Worker (LGSW) 2013
- * Grants Management Program (Certificate) Management Concepts, Vienna Virginia 2000-2003.

Awards

Circle of Grace Award 2014, Presented by Sisters4Sisters, Inc.

Sisters4Sisters, Inc. is a non-profit, 501(c)3 organization founded in 1999 which is dedicated to the empowerment of Women and Girls in Mind, Body and Spirit through enlightening workshops on personal and professional development along with engaging community outreach in the areas of Domestic and Sexual Violence, HIV-AIDS, Health - Wellness, and Youth Mentoring.

Diamond Dedication Honoree 2015, Presented by The S.E.L.F. Image Awards Foundation

The S.E.L.F. Image Awards Foundation (SIAF), a non-profit 501c3 that advocated for Domestic Violence Awareness.



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