

EMPOWERING. PROFOUNDLY CLARIFYING. BUSY-LIFE DISRUPTER. PURPOSEFUL LIFE FACILITATOR.

"IT'S NOT ABOUT HAVING MORE TIME. IT'S ABOUT PRIORITIZING THE TIME YOU HAVE."



# NAJAH DRAKES

AUTHOR | INTERNATIONAL SPEAKER



EMPOWERING WOMEN TO DISRUPT THE BUSY OF THEIR LIVES TO MAKE SPACE FOR THE PURPOSE THEY WERE CREATED FOR.

**Najah Drakes** is a powerful, dynamic speaker who will energize your audience with her thought-provoking approach to practical topics that will leave your attendees empowered to implement changes immediately.

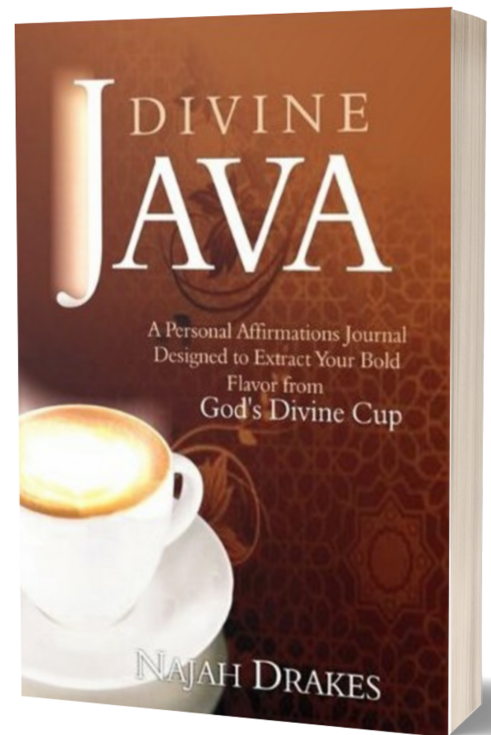
Najah leverages her 20 years of C-Suite & serial entrepreneurial experience in the areas of strategic & data analysis, corporate finance and mergers and acquisitions to extract the valuable data from women's lives that will propel her to move strategically into a more purposeful life.

Through engaging storytelling and real-life examples, Najah encourages women to develop a Purposeful Mindset in order to position herself to powerfully pivot, prioritize and walk purposefully. Najah is the author of ***Divine Java: A Personal Affirmations Journal Designed to Extract Your Bold Flavor from God's Divine Cup*** and the Creator of the ***Purposeful Prioritizer***, a prioritizing tool designed to help women prioritize each day God's way.

She holds a bachelor's degree from Spelman College and a Master of Arts degree from Johns Hopkins University (SAIS) with Distinction.

**"Najah Drakes is a powerful and engaging speaker helping women learn practical ways to incorporate self-care in the midst of their busy schedules and prioritize the things that matter most. Her presentations are a great fit for women's retreats, conference keynotes, and as a breakout session."**

SAUNDRA DALTON SMITH, MD.  
BEST-SELLING AUTHOR &  
INTERNATIONAL WELLNESS EXPERT





**KEYNOTES**  
**RETREATS**  
**SEMINARS**  
**WORKSHOPS**  
**BREAKOUTS**



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**HOW TO PRIORITIZE THE MAIN THING WHEN YOU’RE TRYING TO DO EVERYTHING**

Are you regularly overwhelmed by the daily demands on your energy and time? Does it seem like the areas most important to you receive the least amount of your time? Do you wish you had more time to prioritize better health, your dreams and passions, deliberate self-care, improved relationships, or faith? Then, this session is for you. The answer may not be in finding more time, but in strategically prioritizing the time you have. In this session, I will share practical ways to balance life’s demands with a limited supply of time. Participants will learn practical ways to set their priorities before them each day and find more time for the areas that matter most.



**TO BE WELL OR TO DO WELL: HOW TO LIVE A REPLENISHING LIFE IN A VERY DEPLETING WORLD**

It often feels like to do well you must sacrifice being well. We know we need to take care of ourselves, but how can we possibly do that when our job, aging parents, husband, kids, the church, and countless others need us at the same time (during a Pandemic). In this session, participants will leave with tangible ways to integrate physical, mental, and spiritual well-being into their everyday life without a lot of money or time. This session will give participants permission to kill the superwoman who does it all and birth a woman committed to showing up as her best, most purposeful self.



**THE RIGHT MIND: HOW TO DEVELOP A MINDSET THAT MANIFESTS PURPOSEFUL RESULTS**

What you think means way more than you think. The 6,200 thoughts we have every day drive us to action or inaction. As a (wo)man thinketh, so she becomes. In this session, participants will learn how to truly manifest the progress in the areas that matter most by using the “PurposeFULL Mindset.” Practical strategies will be provided to harness your thoughts and manifest the life uniquely and purposefully designed for you.



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Workplace

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**HOW TO PRIORITIZE THE MAIN THING WHEN YOU’RE TRYING TO DO EVERYTHING**

Are you tired of feeling slayed by the daily demands on your time? Does it seem like the areas you want to make the most progress receive the least amount of your time? Do you wish you had more time to pursue professional or personal growth in areas like better health, dreams and passions, deliberate self-care, improved relationships or faith, but struggle with how to do it all, then this session is for you. The answer may not be in finding more time, but in strategically prioritizing the time you have. In this session, I will share practical ways to balance life’s demands with a limited supply of time. Participants will learn practical ways to set their priorities before them each day and find more time for the areas that matter most.

**TO BE WELL OR TO DO WELL: HOW TO LIVE A REPLENISHING LIFE IN A VERY DEPLETING WORLD**

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**THE RIGHT MIND: HOW TO DEVELOP A MINDSET THAT MANIFESTS PURPOSEFUL RESULTS**

Are you where you want to be in life? Do you have big dreams, but it seems life keeps getting in the way? What you think means way more than you think. The 6,200 thoughts we have every day drive us to action or inaction. As a (wo)man thinketh, so she becomes. In this session, participants will learn how to truly manifest the progress in the areas that matter most by using the “PurposeFULL Mindset.” Practical strategies will be provided to harness your thoughts and manifest the life uniquely and purposefully designed for you.



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**THE PRIORITY POST PARTY: HOW TO DO THE IMPORTANT THINGS WHEN YOU'RE TRYING TO DO EVERYTHING**

We all want to prioritize our physical, mental, and spiritual well-being above our ferociously competing daily demands. But, how can you practically re-align your priorities when you're trying to balance an already overwhelming things-to-do list? Bring a pack of multi-colored Post-Its and let's get your next action steps to achieve your goals planned out clearly and purposefully. If you've tried to work out more, eat better, follow your dreams, or take better care of yourself but ended up in the same black hole of competing demands, this session is for you.

**JAMMIES AND JOURNALING PARTY: JOURNALING THROUGH WHAT'S KEEPING YOU UP AT NIGHT**

Journaling is more than just dumping your thoughts out on paper. It can be a powerful tool to destress, reframe, process and reverse negative experiences and behaviors. Yet, many are reluctant to journal because it feels intimidating and overwhelming. In this session, participants will be introduced to the 4P Journaling process. This approach can be used at the end of the day to deStress and purposefully help participants rest easier at night. Put on your favorite jammies and bring your questions. Nothing's off the table. Let's talk (and journal) about it.

**EASY SELF CARE SCHOOL: HOW TO NOT JUST DO WELL BUT BE WELL WHEN YOU HAVE 30 MINUTES OR LESS**

Are you the one who's always showing up for everyone else but struggle showing up for yourself? This session will show participants how to prioritize self-care when they're short on time. With just 20-30 minutes a day, you create an action plan to get Self Care in even in the busiest of schedules. If you're ready to get serious about Self Care this year, this session is for you.

**NOT YOUR MAMA'S VISION BOARD PARTY. MORE THAN VISION. ACTION.**

Vision Boards shouldn't just be pretty, they should be powerful. This session will show participants how to create an ACTIONABLE Vision Board, not just a pretty one. No poster board, scissors or magazines required. Each participant will leave this workshop with more than a vision...a PLAN.



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# KEYNOTES RETREATS SEMINARS WORKSHOPS BREAKOUTS

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## HOW TO PRIORITIZE THE MAIN THING WHEN YOU’RE TRYING TO DO EVERYTHING

As a believer, glorifying God is our number one goal in everything we do. To accomplish this, we must understand what’s truly important to God and mirror those priorities in our lives. But what does that look like in practical terms? How do we balance the demands of this world with a limited supply of time? How do we slay our day God’s way? In this session, you will learn practical ways to set your priorities before you each day and find more time for the areas that matter most to you and the One you serve.

## TO BE WELL OR TO DO WELL: HOW TO LIVE A REPLENISHING LIFE IN A VERY DEPLETING WORLD

There seems to be a time and a season for everything under the sun except self-care. We know the Bible admonishes us to take care of our temple, but how can we possibly do that when our job, aging parents, husband, kids, the church, and countless others need us at the same time. The World teaches us that Self-Care looks like bubble baths, girls’ getaways, massages, and manicures, but is it really? Does God care about Self Care? What does the Bible say about it? In this session, participants will leave with tangible ways to integrate self-care into every day of their life without a lot of money or time. This session will give you permission to kill the superwoman who does it all and birth a woman on a mission committed to showing up your best self as God’s ambassador.

## THE RIGHT MIND: HOW TO DEVELOP A MINDSET THAT MANIFESTS PURPOSEFUL RESULTS

Are you where you want to be in life? Do you have big dreams, but it seems life keeps getting in the way? In this session, participants will learn how to truly manifest the life God has designed for them using the “PurposeFULL Mindset.” What you think means way more than you think. What does God tell us about our beliefs and how do those beliefs impact the progress we see or don’t see in our lives? The 6,200 thoughts we have every day drive us to action or inaction. As a (wo)man thinketh, so she becomes. In the session, you will learn how to harness your thoughts to manifest the life God has expressly designed for you.



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Endorsements

**“Najah has the unique ability to make one feel as if they are the only person in the room. Through her professional experiences, she is able to provide guidance to someone who feels stuck using the tools necessary to get to the next level. She is uniquely gifted with insight and wisdom.”**

VICKIE B. TURNER, BOARD CHAIR, DEKALB COUNTY SCHOOL DISTRICT & FOUNDER, DEKALB CULTURAL EXCHANGE

**“Najah Drakes is one of a kind! She is a stellar speaker and passionate advocate for total health and wellness. She is talented, funny, inspiring and insightful. Whether you need her to present to a women’s group, marriage group, or business, she’s more than capable! She is a fantastic presenter; engaging and passionate about her subject matter. She makes you want to be a better person and gives you tangible tools to make that happen!”**

RAYNIA L. MCGEE, M.D.  
PSYCHISTRIST,

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