



Keisha Howard
“Coach Keisha”

Professional Biography

Keisha Howard is a passionate communicator and girl’s self-esteem enthusiast who is making a positive impact in the lives of girls, young women, and the people who care about them.

Entrepreneur & Community Advocate

Keisha is the Founder of PEARL Girls which is a self-esteem and etiquette organization for girls. Since 2006, she has been dedicated to providing self-esteem enhancing workshops for girls that uplift, educate, and motivate! In order to expand the scope and mission of PEARL Girls, Keisha launched a non-profit branch of the organization in 2008, PEARL Girls of Promise, Inc., which has awarded over \$35,000 worth of college scholarships to Dallas area high school graduates. To date, thousands of girls have been empowered by their participation in programs offered by both PEARL Girls and PEARL Girls of Promise, Inc. In fact, mega-star Beyoncé’ recognized Keisha and the PEARL Girls in 2014 as she gave PEARL Girls the #Beygood endorsement.

Lifetime Learner

Keisha received both her Bachelor of Science degree in Recreation and Leisure Studies and her Master’s Degree in Counseling from the University of North Texas. She possesses a State Board of Educator Certification in both Teaching and Professional School Counseling. Keisha is also a Certified Life Coach Practitioner, and Certified Etiquette Consultant who has been nominated for the Cambridge Who’s Who of America’s Professional and Executive Women award.

Educator

Through her over 10 years of combined experience as both a School Counselor and Teacher, Keisha developed a knack for working with youth and helping them excel. Her strength is developing relationships with them which enables girls and young women to connect and feel comfortable with her.

Inspirational Speaker

Keisha is a sought after national recognized speaker who has delivered hundreds of presentations to girls, young women, and mothers. She brings a whole lot of girl-power wherever she goes! Her educational, interactive, and down-to-earth approach captivates her audiences’ hearts while motivating them with self-love and teaching positive life-skills. Keisha speaks to audiences at elementary, middle, and high school assemblies, and well as colleges, conferences, luncheons, churches, summer camp programs, parent meetings, young adult summits and more.

Life Coach for Girls, Young Women, & Their Parents

Being a girl in today's world is tough, and Keisha gets it. Having grown up in a blended family while struggling with a poor self-esteem and body image issues during most of her teenage years, Keisha can relate to the issues that girls face today. Now passionate about the life-changing results she experienced in her own life, Keisha is on a mission to impart confidence, coping skills, and positive social skills to young girls and women everywhere. She coaches girls and young women to gain confidence, character, and class by helping them learn how to truly love themselves, understand healthy decision making, appreciate their inner-beauty, set goals, and so much more. She is also a resource for parents as she has a knack for bridging the gap in communication between girls and their parents so that both parties are heard, understood, and can bond with one another during those pivotal teen years. Coach Keisha loves to educate parents on the latest trends, hot topics, and issues as it relates to girls growing up in today's generation.

Author

Keisha's first book, "The Inner-Beauty Secret", is a 2015 Gold Award recipient from the *Mom's Choice Awards*. "The Inner-Beauty Secret", a picture book for children (ages 3-8), teaches youth the importance of the character traits that are found within. Topics such as trustworthiness, kindness, respect, and responsibility are covered. Body image appreciation is also addressed as children are encouraged to find genuine beauty within while also learning to accept themselves, differences and all. This book is a fun tool for parents to read with their children as a way to introduce the principles of inner-beauty and character. It can also be used in small group counseling sessions, or it can be read as a single story to an entire class to teach Character Education.



Coach Keisha is currently working on her second book targeted towards Middle School aged girls.

Regular Gal

When not coachin', speakin', or plannin' programs for PEARL Girls, Keisha enjoys volunteering at her church, kicking it with her friends and family, taking her furry babies (her dogs) to the dog park, trying out new restaurants (although she almost ALWAYS orders the same thing - fried catfish), and going to see the latest movies on the big screen. She is OBSESSED with the color pink, she sings and dances while she drives, in fact - she's a crazy good Beyonce' imitator, she's also a fingernail polish nut, and like lots of girls; she believes that glitter makes everything better!

www.CoachKeisha.com