



LAKEISHA MCKNIGHT
AUTHOR & SPEAKER PORTFOLIO



April 2009

To Whomever It May Concern,

The minds of many adults today are wondering what the economic and housing markets will look like in the days to come. People are losing the items which they have worked hard for years to obtain. This provides support for the need of proper planning. The future generation of leaders must be properly trained to prepare for their future in order to be successful in life, even in the midst of hard times. Lakeisha McKnight targets future generations to plan for a successful future in her book **GOALS** Guidelines on Achieving Life Success. Within the following pages, you will find information containing a number of items including a full length biography of Lakeisha, her speaker topics, a book press release and others items that may be of interest to you regarding the topic of empowering students to be successful in life.

Students throughout the world need to be informed about what the prerequisites are for setting goals before rushing into a career they may not be happy with in years to come. Before they set **GOALS**, they must get a solid understanding of what their life purpose is. If a student receives a good grasp of this, they would be able to save themselves time and money. In **GOALS**, author, educational and motivational speaker Lakeisha McKnight provides the truth on how students in high school and college can set achievable goals. Learn more about what goals are, who can set goals, and the many types of goals that exist! Discover top guidelines on how to construct goals and ensure that they are reached. Rid yourself of external obstacles and analyze your goals well. With this book, students are able to make wiser choices that will allow them to have a life they will enjoy. Everyone has a life purpose. But it's up to students to learn it, live it, and love it! These guidelines are helpful tools for achieving success and fulfilling **GOALS**!

GOALS author Lakeisha McKnight is an entrepreneur, life coach, motivational speaker, author, minister, and social worker by profession. She is an experienced expert in field of goal setting as she has successfully gained entrance into a doctoral program in entrepreneurial leadership through Regent University in Virginia. Through her relationship with God, Lakeisha knows what it takes to have a vision, develop goals, and see them through to their completion. Lakeisha is also the CEO of a nonprofit organization she started named Kingdom Expansion Enterprises Inc., which was established to provide mentoring, life coaching, Christian advising as well as general health services throughout the nation. Lakeisha's ultimate goal is to develop aspiring leaders and help them reach their fullest potential.

Lakeisha McKnight is available to answer questions regarding the book **GOALS**, speak at your next program, conduct a workshop on goal setting and/or provide signed copies of **GOALS** and related items for purchase. Lakeisha can be reached via e-mail at LakeishaMcKnight@gmail.com and by telephone at 757-641-9923. Thank you for your time.

Respectfully Submitted,

Lakeisha McKnight

Lakeisha McKnight



Biography of Lakeisha McKnight

Lakeisha knows what it takes to rise from victim to victor growing up in a Christian home. She was raised in Paterson, New Jersey (twenty minutes from Manhattan, New York). She is born as an only child to Brenda and Corwin Baker. Lakeisha attended Martin Luther King Jr. School #30 for her first nine years of school (including kindergarten). During those years, she was gifted with the ability to excel in her studies. She was named the best reader in her fourth-grade class and excelled in spelling by two grade levels. She was able to maintain honor roll and straight A through elementary school in Rosa Parks Arts High School while being a victim of sexual abuse. The hand of God was upon Lakeisha's life, enabling to continue excelling in her studies despite possible setbacks. While in high school, Lakeisha was a member of the National Honors Society, Academic Decathlon, and the International Thespians Society. She graduated as a drama major and was the valedictorian of her class with a 4.2 grade point average. Lakeisha was named Whose Who among high school students in 1999. She received numerous scholarships to colleges of her choice. She decided to attend Pennsylvania State University. She graduated from Penn State with a 3.5 grade point average. She received BAs in both political science and psychology. She became a member of the National Honors Society of Political Science and Psi Phi Omega (Psychology Honors Club). Lakeisha also became a member of Alpha Nu Omega Inc. (a Christian Greek organization) as a student as well as a member of the Baltimore / Washington Alumni Chapter. After graduating from Penn State University, her initial decision was to attend law school.

Lakeisha's passion for helping the less fortunate outgrew her desire for law school as she developed her relationship with God. It wasn't before long that she was called into the ministry as a minister of the Gospel. Upon walking her in calling, she received many attacks in her health. The negative reports of chronic diseases did not deter Lakeisha off her life path nor discourage her. Through the development of a strong-prayer life, the doctors could no longer find a problem with Lakeisha's health. God soon gave Lakeisha a vision for ministry, which includes winning souls for the kingdom, working with families, and developing leaders throughout the world. Lakeisha desires to encourage those who are experiencing hard times to overcome their problems, keep their eyes on their goals, and become the leaders they were predestined to be. Lakeisha developed life coaching, mentoring, and her teaching ability with small beginnings. She worked with teenage boys and girls at a church in Paterson, New Jersey, assisting with vacation Bible school as well as being a teacher for Sunday school. She received more teaching training when she was hired as an instructor teaching GED students in job searching, interviewing, and employer-relations skills along with basic math, reading, and writing. Lakeisha has had the opportunity to lead Bible studies among adults as well. Lakeisha's teaching and presenting ability didn't stop there as she was able to strengthen her speaking and instructing ability while completing some training through Norfolk State University.



Biography of Lakeisha McKnight (Continued)

Lakeisha is receiving further training to work with individuals and families in a clinical setting so that she could be of better use when conducting special consultations with adolescents and adults. She will receive her master's in social work in May 2009 from Norfolk State University. Lakeisha now lives in Chesapeake, Virginia, with her husband Keith. They are both entrepreneurs and desire to great things in Jesus Name. Lakeisha is the CEO of a nonprofit founded in 2008 named Kingdom Expansion Enterprises Inc. while her husband has his own handyman and cleaning business. The two are the dynamic duo. Both serve at Mount Sinai Church in Portsmouth, Virginia. Lakeisha has been listed among Cambridge Whose Who for business leaders, a member of Maximize Leaders (under the leadership of Dr. B. Courtney McBath), and a member of the National Association of Professional Women. She is working on two addition book projects. The projects are forthcoming. The subject matters for those projects involves a portrait of Lakeisha's life, information on key topics as well as guidance on how to overcome the odds you find yourself against in your personal life, family, job, or in school. These projects will touch the lives of many as we all face difficult trials in our lives. Lakeisha's life story proves that your past does not dictate your future. Your age also does not determine your destiny. It does not matter what your life background is composed of, your race, or your age; you have a life purpose. The key to having a successful life is having faith in God and never giving up on your dreams. Everyone has a life purpose. It is up to you to learn it, live it, and love it!



GOALS

Guidelines On Achieving Life Success

Book Description

Students nationally and internationally and from all ethnic backgrounds have dreams they desire to see come true. They have ideas and possible goals but just do not know what first step to take. GOALS was written for students who not only desire to talk about their goals but have a passion to reach them as well. In GOALS, educational and motivational speaker Lakeisha provides the truth on how students in high school and college can set goals that are achievable. These goals can save them money as well as time for seeking training for career they may not be excited about in their later years. Students who are struggling with their goals while in college will be able to make proper adjustments with strategies included in this book as well.

GOALS reveal the key ingredient to savings for those who desire to receive college and/or vocational school training. After this key ingredient has been revealed to students, they will be more confident in themselves as they make life choices and be anxious at getting started with setting their goals. They will be amazed, after reading this book, at how they are able to make wiser choices that would allow them to have a life they will enjoy.

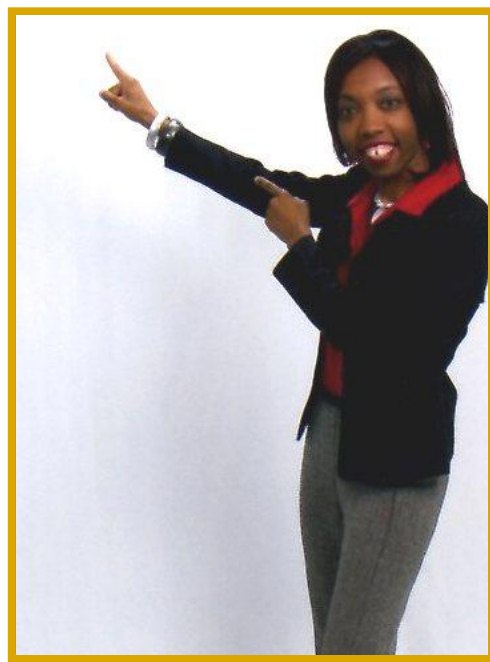
A quick snapshot of the books content includes the following: discussion on destiny (life purpose), obstacles to goal setting, a definition and description of goals, the guidelines to setting achievable goals and the help that is available to students who strongly desire to achieve their goals. In the book, readers would receive an understanding of how they must get a solid understanding of what their life purpose is. This initial step may take some time for some students. If student's receives a good grasp of this, they would be able to save themselves time and money. There is no need to rush into a career that they will not enjoy in their later years. Life is designed not only to learn lessons as we endure life struggles but also to enjoy all that has been created. Every person must work to bring in an income. While bringing in an income to take care of responsibilities, each person deserves to be rewarded. Our actions should not only help others but to be a blessing to ourselves and our families.

Once an understanding of one's life purpose is obtained, it is important to receive a glimpse of the possible obstacles that may arise as a result of trying to be productive.

Whenever you set out to embark upon a mark, every person needs to count the cost. A good look needs to be taken out what the total scene looks like. The total scene includes inward and external problems. In most cases, most of the obstacles are within us. We block our own success because of our thinking and habits. These concerns are addressed in the book along with external obstacles.

After a person begins to improve themselves and tries to rid themselves of external obstacles, goals can now be understood and analyzed. In GOALS, a description is given of what goals are, who can set goals and the many types of goals that exist. All people have goals, whether they are properly considered and implemented or not. The readers are given the top guidelines on how to construct goals and ensure that they are reached.

Students who are serious about carrying setting achievable goals can opt to receive help through professionals who can work them one on one. The one on one helps guide each person on the road to success. GOALS conclude with an example of a goal observed in each guideline stage and an opportunity for readers to write out different goals for their lives.



Questions & Answers about book *GOALS*

1. Why I wrote GOALS?

This book was written to help save parents and students money and time when planning for student's futures. Many students have no idea of what they want to do with their lives. This book provides direction and instructions on how to get on the pathway towards a successful future.

2. How did I become interested in goal setting?

I became interest in the topic of goal setting with a holistic approach due the level of success I have experienced with planning as well as taking into account every area of life including my education, health, and spiritual well being. It was not until I obtaining a relationship with God that I realized what I was destined to do with my life.

3. What do I hope to accomplish by publishing GOALS?

I hope to inspire many children, teenagers and families to stop and engage in proper planning for the futures of the next generation. I hope to provide an example to others of what steps they can take to having a better life.

4. Who is the intended readership?

I targeted audience for this book is for students of all ages and also those looking to make changes in any area of their lives.

5. When did I realize I wanted to become a writer?

I did not set out to be a writer. As a few men were inspired by the Holy Spirit to write the words in the Bible, I was also inspired and led by God to writing this book and upcoming projects to empower others to be a success in life despite the obstacles they may face.

6. How did I research the book GOALS?

The information found in this book does not contain a lot of secular research. I cited Information from writers in the field of goal setting who are familiar with the common strategies used to set goals (i.e. S.M.A.R.T.). Most of the information contained in this book was inspired by my spiritual education as well as life experiences.

7. What surprised me about the process of writing the book?

The most surprising aspect about writing this book is that my passion to see young people do great things is high as the bulk of the book was written in two days. I could not stop writing as the ideas came to mind.

8. What do I like to do when I am not writing?

When I am not writing, I enjoy reading, listening to gospel music, watching movies and spending time with my family. I am a simple woman whose objective is to please God and enjoy life.

9. Am I working on another book?

I am currently working on writing another project that resembles an autobiography. I will talk about my life and highlight areas different topics (i.e. sexual abuse, salvation) to educate readers on how to overcome those problems if they are facing them or have faced them in their lives. The release date of the next project is known at this time. The time frame is by the end of 2009.



Lakeisha's Keynote and Workshop Speaking Roster

GOALS

Guidelines on Achieving Life Success

Life is filled with so many options of career choices and jobs. In life, we have to make so many decisions, including financial, personal and family related decisions. Unfortunately, some people do not know how to score in life and reach their goals. Lakeisha's real and energetic style will keep all audiences captivated and alert. In GOALS, Lakeisha will teach children and youth what goals are, the different areas in life where goals are needed, how to plan to reach your goals and how to evaluate and make changes to goals along the way. Lakeisha strongly desires for all children and youth to score BIG in life by successfully making, planning and implementing goals. Your goal may be to join the football team or graduate from high school. GOALS will show every children and youth that ALL THINGS ARE POSSIBLE!

Defying All Odds

Can you imagine a child growing up in a single parent home, being watched by their parent's friend only to soon find realize that the friend has touched them inappropriately? The child may wonder whether their parent would ever believe the friend has done such a thing. Or maybe you aware of children who have grown up homes with parents who always told them that they were never going to be anything and that they were an

'accident.' These are traumatic situations that children face daily. Lakeisha calls these problems 'odds' as they were unexpected. Defying All Odds will empower children and teenagers to overcome any problem that they face in their homes and school. This Keynote Message will inspire children not to allow any circumstance to prevent them enjoying life and being successful. Defying All Odds is an awesome message to be given for assemblies and workshops.

Stand Out!

A Charge for Today's Teen

Today's youth have so many things that they must battle against including bullying, peer pressure, drugs, alcohol, and sex. Some young people have the support to do what is necessary to avoid getting into the trouble in school and the legal system. Others are easily persuaded to join the 'in' crowd because they don't want to be alone or be picked on. The media may portray that drugs, sex and the lust for money as being fun; however, the end result is not fun at all. Lakeisha real, tell it like it is style will keep the attention of all middle school and high school students. Stand Out! Attempts to empower youth to be different choose life and consider the affects of their actions not only upon themselves but also upon others. Schedule Lakeisha to present this message at your youth conference or school assembly today!



INVESTMENT SCHEDULE



Lakeisha delivers: keynotes, seminars, conferences, after lunch speeches, after dinner speeches; and will serve as your focus group facilitator or panel group moderator or participant.

Keynote Address (up to 1 hour / workshop up to two hours)... \$ _____

Other Speaking Services (half-day / 3 to 4 hours) ... \$ _____

(full-day / 5 to 8 hours) ... \$ _____



Inquire about discounts for a series of programs at the same event or on another date.

Other services available at SAME EVENT

GOALS Books in large quantities \$ _____

GOALS Workbook(s) \$ _____

GOALS 10 Keys Article for Client Publication (12 PK) ... \$ _____

Educational Materials: (quantity discounts available) Call today to ask about prize giveaways, posters or other materials.

All fees and products + normal travel, meals, shipping, hotel and miscellaneous expenses paid for by client.

Payment Options (please check one)

- ☐ 50% of all speaking fees are due upon signing of contract. Balance to be paid on the day of the event. (Reminder statement will be sent).
- ☐ If fee is paid in full within 7 days of receipt of contract creation date, a 7% DISCOUNT will be deducted from entire bill – excluding: hotel, travel, means and shipping expenses.
- ☐ 15% discount available for programs booked in the City of Chesapeake, VA.





 **The Record
Scholar of the Week**

Awards & Recognitions

- Valedictorian of 1999 high school class
- Graduated with Honors from Norfolk State University
- Numerous Dean's List awards
- RadioShack Tandy Scholar award
- Congressman Recognition Letter from Bill Pascrell Jr.
- Councilman Recognition Letter from Jose Torres
- Numerous certificates of academic achievement
- Numerous Principal's List awards
- Numerous Honor Roll awards



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GOALS Book (15% off original price & includes Article)	\$ 17.00		
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GOALS Workbook (20% off original price)	\$ 8.00		
GOALS Workbook (15% discount with a set of 10)	\$ 85.00		
GOALS 10 K.E.E. Article (single)	\$ 3.00		
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5711FOR IMMEDIATE RELEASE

Achieve Life Success With GOALS!

New book offers practical guidelines on setting and reaching achievable goals

Chesapeake, VA – Students nationally and internationally and from all ethnic backgrounds have dreams they desire to see come true. They have ideas and possible goals but just do not know what first step to take. In *GOALS*, author, educational and motivational speaker Lakeisha McKnight provides the truth on how students in high school and college can set achievable goals.

Students throughout the world need to be informed about what the prerequisites are for setting goals before rushing into a career they may not be happy with in years to come. Before they set *GOALS*, they must get a solid understanding of what their life purpose is. If a student receives a good grasp of this, they would be able to save themselves time and money. Students will also be more confident in the goals they set and will no longer doubt that if they can think it—they can achieve it!

Learn more about what goals are, who can set goals, and the many types of goals that exist! Discover top guidelines on how to construct goals and ensure that they are reached. Rid yourself of external obstacles and analyze your goals well. With *GOALS*, students are able to make wiser choices that will allow them to have a life they will enjoy. Everyone has a life purpose. But it's up to you to learn it, live it, and love it! Use these guidelines on achieving success and fulfill your dreams!

For more information, log on to www.Xlibris.com.

About the Author

Lakeisha is an entrepreneur, life coach, motivational speaker, author, minister, and social worker by profession. She is an experienced expert in field of goal setting as she seeks entrance into a doctorate program in entrepreneurial leadership through Regent University in Virginia. Through her relationship with God, Lakeisha knows what it takes to have a vision, develops goals, and sees them through to their completion. Lakeisha is the CEO of a nonprofit organization she started with other strong men and women names Kingdom Expansion Enterprises Inc. Lakeisha's ultimate goal is to develop aspiring leaders and help them reach their fullest potential.

GOALS: * by Lakeisha McKnight
Guidelines on Achieving Life Success

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