



# MiaMichelle<sup>TM</sup> Henry

ENTREPRENEUR | EDUCATOR | AUTHOR  
CEO & FOUNDER, URBAN SAGE COUNSELING, LLC



## MiaMichelle HENRY

IS AVAILABLE FOR CONFERENCES,  
WEBINARS, WORKSHOPS,  
MASTERMINDS, PANELS,  
DISCUSSIONS, SEMINARS,  
COACHING AND MORE!

## MiaMichelle Key Accomplishments:

- **CEO & Founder of Rita Rose Academy:** Educating over 20 years and serving thousands of children and families.
- **Philanthropic Efforts:** Donated \$1 million to improve access to quality childcare and volunteered over 10,000 hours in service.
- **Bestselling Author:** Master P's Mastering Health and Beauty, Grace & The Power of Women.
- **Training and Experience:** Trained with Lisa Nichols and worked with thousands of teens.
- **Second-Generation Entrepreneur:** Over 50 years in the service business.
- **Serial Entrepreneur:** Started her first business with her husband 28 years ago, expanding into the dental, medical, food, education, and energy industries.
- **Advocate for Children and Families:** Over 20 years in Child Protective Services and foster care.
- **Global Perspective:** Traveled to 7 continents, gaining insights about her business approach and strategies.
- **Les Brown's Platinum Speaker:** Training to use her voice to transform lives.
- **Therapist and Spiritual Advisor:** Assisting peak performers in business to maintain balance and joy in life.
- **Former Touring Cast Member:** Traveled with the international group Up With People.
- **Founder & CEO of Urban Sage Counseling & Holistic Wellness:** Focused on mental health of Black and marginalized people.
- **Leadership Curriculum Developer:** Developed the national leadership curriculum for Jack & Jill of America, Inc.

# About MiaMichelle



**MiaMichelle Henry** is a multi-business entrepreneur, educator, author, transformational and relationship therapist, business coach, and Les Brown Platinum Speaker. A gifted communicator, she connects with diverse audiences—from individuals and couples to schools, companies, and non-profit organizations. With her captivating presence and practical approach, MiaMichelle challenges mindsets and inspires others to live authentically, achieving higher success in business and personal life.

With over 28 years of experience, MiaMichelle blends her expertise in second-generation entrepreneurship, relationship coaching, and spiritual advising. She helps clients balance life's polarities using practical, laser-focused strategies that lead to lasting positive change. Her approach, deeply rooted in accountability, ensures clients stay on track in their unique journeys toward success.

As the CEO and Founder of Rita Rose Academy and Urban Sage Counseling and Wellness, MiaMichelle leads thriving childcare and counseling centers. Through these organizations, she combines her extensive knowledge of early childhood education and mental health counseling to create nurturing environments that support children and families. Her academy and counseling center are beacons for fostering emotional literacy, mental well-being, and generational growth, reflecting her commitment to empowering future generations while offering holistic support to families facing life's challenges.



MiaMichelle's company specializes in holistic mental health, wellness, and childhood development, empowering clients to live authentically, passionately, and purposefully. She educates, empowers, and inspires others to discover their true selves and achieve greatness.

Always committed to giving back, MiaMichelle's company has donated \$1 million to improve access to quality childcare and volunteered over 10,000 hours in service. This dedication to uplifting communities underscores her mission to create a lasting, positive impact through her professional work and contributions to societal well-being.

MiaMichelle has joined forces with the legendary Percy "Master P" Miller to co-author *Mastering Wealth: Volume 2 Purpose*. She is also set to release her first book, *A Soulful Exhale: Breathing Life into Transformation*, which blends insights with practical strategies to help readers pause, reflect, and release old patterns. It guides readers to embrace change, cultivate peace, and live authentically with purpose and joy.

MiaMichelle holds a Bachelor's degree in Family Consumer Resources from the University of Arizona, a Post-Baccalaureate in Elementary Education, and a Master of Science in Counseling from the University of Phoenix.

When she's not running her businesses, MiaMichelle enjoys spending quality time with her amazing husband, four children, and five grandchildren. She deeply loves reading, traveling, exploring new cultures, and dancing. These passions reflect her vibrant spirit and curiosity for the world, allowing her to grow continuously personally and professionally while connecting with diverse experiences and perspectives.

## MOST REQUESTED SPEAKING TOPICS

### SPIRITUAL

- Finding Inner Peace in a Chaotic World: Spiritual Practices for Entrepreneurs and High Performers
- Living in Alignment: How Spiritual Practices Can Transform Business and Relationships
- The Power of Polarities: Embracing Opposites for Spiritual Growth

### RELATIONSHIP

- 30 Years of Love and Entrepreneurship: How to Build Strong Relationships While Growing a Business
- The Joy of Partnership: Building Emotional Resilience in Love and Life
- How to Nurture Relationships and Family While Building a Legacy

### BUSINESS

- Generational Entrepreneurship: The Path to Sustainable Success and Lasting Legacy
- Mastering Work-Life Balance: How to Thrive in Business Without Sacrificing Personal Joy
- The Joy of Entrepreneurship: How to Avoid Burnout and Create a Sustainable Business Model



MiaMichelle's podcast, Soulful Exhale, is a transformative space where deep conversations meet practical wisdom. The podcast is designed to help listeners pause, reflect, and release, offering a much-needed breath of fresh air in today's fast-paced world. MiaMichelle uses her transformational therapist, spiritual advisor, and business coach expertise to guide her audience through topics ranging from personal growth and mental wellness to entrepreneurship and relationships.

Each episode of Soulful Exhale blends soulful insights with actionable steps, encouraging listeners to embrace authenticity, heal from within, and pursue their highest potential. Whether addressing the complexities of emotional health, offering strategies for overcoming life's challenges, or sharing stories of resilience, MiaMichelle delivers heartfelt guidance in a relatable, compassionate style. With guest experts from various fields, the podcast fosters rich discussions that empower listeners to live more intentionally and navigate life with balance and clarity.

Through Soulful Exhale, MiaMichelle provides a sacred space for listeners to recharge, reflect, and refocus—encouraging them to exhale life's stresses and inhale peace, purpose, and passion.



## BOOK MIAMICHELLE FOR YOUR NEXT EVENT

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