



STRATEGIC LADIES

MOTIVATE | TRANSFORM | EMPOWER



OUR MISSION

Our mission at Strategic Ladies is to motivate, transform, and empower. Our radio show, SL Mindful Media Show, interviews guest with diverse perspectives creating a platform for applicable, useful, and entertaining relationship conversation. Our ability to share theory, real world experiences, and our unique generational perspectives results in a listening audience that shares and applies critical thinking for growth and change.

We work in all areas of media providing voice over services, radio script writing, content research, event hosting, and personal appearances. In addition to media, we offer tools ranging from books, training, and coaching services. We also are public speakers, available for private, corporate, and personal events.

Our motto of "We are educated in theory but are practitioners of change" has resulted in the positive outcomes seen by our clients' in diverse communities all over the world.

You can subscribe to receive our Mindful Media Journal by email every month which includes mindful living tips and information. Let us explore with you how we can help you on your journey toward a mindful and meaningful lifestyle.

OFFERINGS

- Growth tools services including; books, classes, training, and coaching.
- Alignment of the mental, physical and spiritual.
- Media services including; voice over, radio scripts, content research, event hosting, and personal appearances.
- Public speaking on various topics for private, corporate or personal events.
- Wellbeing program development with your personal or corporate branding.

SELLING POINTS

- Both hold doctorate degrees in Organizational Leadership.
- Mother and Daughter duo and business partners.
- Strategic Leadership Coaches.
- Educators, Trainers, and Course Developers.
- Wellbeing experts in Mindful Meditation, Exercise, and Holistic Practices.

ABOUT THE SL LADIES

Dr. Estella Chavous and Dr. Jacinta Chavous-Kambach's story starts with a mother and daughters' bond and an exciting journey through time together. In 2012, while in pursuit of their doctorates together, this dynamic duo developed Strategic Ladies, an idea that birthed from their gift of gab, love for people, and openness to critical thinking. Their journey has taken them to what might look like a mystery book, uncovering clues along the way, but always finding better solutions to improved relationships.

They coined the term "Mind-Filled" to make sure individuals and corporations get the mind-filled information they need for knowledge exchange, conversations, and improved engagement. Their ability to provide mental, physical, and spiritual alignment in all types of relationships can be realized in the coaching, training, and media activities they provide. They provide media services and growth tools ranging from books, training, and coaching services. They are also public speakers, available for private, corporate, and personal events.

DR. ESTELLA CHAVOUS



Dr. Estella Chavous (Mindful Dr. E) is experienced in global marketing, education, wellbeing, and communications. She is currently a Global Communications lead for AVEVA based in the Netherlands, an Adjunct professor, Magazine columnist, Inside Timer meditation trainer, Keynote speaker, and Published author. She has significant professional experience in education, sales, and marketing working in strategic leadership positions for Fortune 500 companies including Abbott, Amgen, and Bristol Myers-Squibb. She has been instrumental in the transformational process in that she has built and lead effective teams, designed and implemented successful strategies, and developed and managed diverse programs. As the co-founder of Strategic Ladies, Dr. Estella provides personal, family, and corporate training.

She consults in all aspects of wellbeing with a special focus on mindful meditation and contemplative prayer. She is the creator of the “Christ-Filled” and “Mindful” relationship evaluator and courses, Co-author of an Amazon best-selling book “Let Meditation Mend you”, the author of a “Christ-Filled” behavioral assessment and booklet, and the author of the “Lotta Heart” detective series (soon to be released). She is also a co-host for the “SL Mindful Media” show and podcast with her daughter, which touches on a variety of topics, opinions, and belief systems. Dr. Estella is actively involved in her faith, family, friends, and community and is commonly referred to as the “Mindful Dr. E”, using holistic practices to focus on the mind as the starting point to good health.

She is a graduate of the Integrative Nutrition Health Coach program, a member of the Holistic Chamber of Commerce, and a Certified Spin and Yoga Faith instructor. She has a BS in Biology/Chemistry from Bishop College, an MBA from Pepperdine University and a Doctorate in Organizational Leadership from Brandman/Chapman University.



Dr. Jacinta Chavous-Kambach

Dr. Jacinta Chavous-Kambach (Dr. Jai) is a Best-selling author, Magazine columnist, Relationship coach & strategist (personal & corporate), Educator, and Keynote speaker. Her passion and training in education, psychology, music, relationships, and meditation allow her to use her skills and gift of intuition in her practice.

Dr. Jai holds a Bachelor of Arts in Communication from California University San Marcos, an M.B.A in Organizational Psychology and Development from American Intercontinental University Los Angeles/London, and a doctorate in Organizational Leadership from Chapman University System. She is the author of the bestselling sci-fi novel “Unspoken Ones: The Missing Link” co-authored the book, “Let Meditation Mend You”, which gets to the grit of meditation and how it can positively impact one’s life.

She is the co-host for the “SL Mindful Media” show & podcast and a columnist for variety of magazines like “Hollywood Weekly”. She also conducts seminars in Leading with Empathy, Building Stronger Relationships, More than Intimacy, How to be True to Self, and Following Your Intuition. Dr. Jai is a published BMI singer and songwriter. She has worked with many accomplished and Emmy award winning artist. Her debut single, “I Know You Want Me” and “Hyperventilate” was written with Paul Hines, an award-winning artist who collaborated with Teena Marie, Michael Jackson and Debarge to name a few.

