



Akita Brooks

Speaker • Facilitator • Certified Life Mastery Consultant

“Inspiring and motivational!”

For over 27 years, Akita has worked with organizations and individuals, helping people build their dreams, accelerate their results, and create richer, more fulfilling lives.

Akita is the author of Full Glass Living: 28 Days to Dump Limiting Beliefs. She has a Master's Degree in Leadership, and has taught personal development principles to college students for over 17 years. She has appeared as a guest speaker at events such as The Powerful Body Confidence Conference, and Authentic Co-Creators Summit.

As a sought-after speaker and trainer, Akita has offered transformational workshops to organizations around the country.

Whether it's a short 10-minute talk, a 'Lunch & Learn' training, a motivating keynote speech, or an afternoon workshop – your group, organization, or company will be ignited by this training, and they will “THANK YOU” for bringing Akita to them.



“In the time I've known Akita, she has consistently exhibited excellent organizational management and people skills. What's more, her training background makes her a superb communicator and motivator.”

~ Akweli Parker Testimonial, New Jersey

The following program can be customized to your group needs and can fit in any presentation.

THE *Vision* WORKSHOP 3 Keys To Accelerating Your Success

During this dynamic and fun training you will have an opportunity to define, design, and experience your dream – and receive the blueprint for how to turn your greatest possibility into your reality.

You will learn:

- Two essential keys for tuning into your purpose.
- Simple thinking-strategies that will guard you from fear, doubt and worry.
- What wealthy people do that creates sustained success.
- The number one factor that causes people to lose steam when going after a dream, and how to stay motivated and override it.
- The 1 critical thing you must give up in order to reach your dream.
- And much more!

“Akita shows positive, professional manner every time I see her. She projects enthusiasm and is the type of person you seek to be around...”

~ Jon Lukacher Testimonial, Texas

To book Akita Brooks to speak for your group, company, or organization, or to request more information please contact:

abrooks@fullglassliving.com
or call 856-278-5718
www.FullGlassLiving.com

TRANSCENDANCE™

Let the *Movement* Set You **FREE!**

Akita Brooks

Transcendance™ Facilitator



What is Conscious Dance? A Somatic Approach to Movement Training: Classes are student-centered, and **you follow your body's lead**. The body is intelligent, connected to the mind & spirit. To be honored, listened to, and cherished. Movement is intended to grow the whole person; emotionally, physically, and spiritually.

Transcendance™ is a powerful fusion of; relaxing stretching, deep-breathing, fun free-form movement & conscious dance, positive-creative visualization, energy healing, embodiment coaching, and life empowerment.

For Online and In-Person Classes

Contact Akita at 856-278-5718 or abrooks@fullglassliving.com

TRANSCENDANCE™

helps you to move from...

Stiffness	to	Flexibility
Self-Doubt	to	Self-Confidence
Stress & Stagnation	to	Fun & Play
Physical Tension	to	Physical Freedom
Un-Coordinated	to	Coordinated Movement
Emotional Anxiety	to	Improved Resiliency
Mental Challenges	to	Increased Mental Acuity
Physical Weakness	to	Physical Strength

Akita K. Brooks, M.S., LMC, MLCT

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Summary of Experience: Author, Life Mastery™ Consultant, Leadership Coaching, Conscious Dance Facilitator

Full Glass Living LLC

Life Mastery™ Consultant, Transcendance™ Facilitator, Maxwell Leadership Certified Team Member

August 2014 to Present

- Holistic Life Coaching, Vision Workshops, Complementary therapies for stress/emotional management, including Transcendance™ (Conscious Dance) Facilitation, Leadership workshops

Published Author, Balboa Press

Full Glass Living: 28 Days to Dump Limiting Beliefs

Published July 2020

- Self-leadership and tools to foster holistic wellness and empower the reader toward dropping mental, emotional, and spiritual concepts that do not serve them.
- Became Amazon's #1 New Book Release under Popular Psychology: Mental Illness category

Special Events, Workshops, and Wellness Programs

Authentic Co-Creators Summit

- 3 Keys to Mastering Your Results – November 15-16, 2024

reDiscover U, Council on Brain Injury

- Give Yourself a Self-Concept Makeover Workshop – May 10, 2021
- Facilitated Transcendance™ Class– June 28, 2021

The Powerful Body Confidence Conference, *Rewire to Inspire*

- Denials & Affirmations: Claiming Your Powerful Spirit – Breakout Session – February 27 2021

Feed Your Soul Series Guest Speaker, *Unity Church of Christ*

- Transcendance™ Class
- Give Yourself a Self-Concept Makeover Workshop

Holistic Health Fair, *Lavender Koi Yoga*

- Ho'Oponopono-Inspired Meditation – February 1, 2020

Camden County Women's Health Conference, *Camden County NJ*

- Essential Emotions: *Navigating Your Emotions So That You Can Get On With Life* – May 12, 2018

Credentials

Life Mastery™ Consultant – Brave Thinking Institute (*Formerly Life Mastery Institute*)

Maxwell Leader Certified Team – John Maxwell Leadership

Board Certified Holistic Life Coach – American Association of Drugless Practitioners

Other Educational Background

Walden University- M.S., Leadership, concentration in Leadership Development

April 2011

Drexel University- B.S., Hotel & Restaurant Management, Minor in Business Admin.

June 1995