



Cultivating Change From The Inside Out

**FOUNDER/CEO
THE PLACE TO SOAR**

**ANITA D.
RUSSELL**



**PERSONAL
TRANSFORMATION**

Growth from within means recognizing that you have to know yourself from the inside out to achieve personal transformation.

**ANTIRACISM
ACTIVATION**

Antiracism activation is a sustainable grassroots movement of humanity tied to principles of racial equity and generational leadership.

linktr.ee/anitadrussell



SERVING...

Individuals

- Private Coaching
- Monthly Masterclass
- Personal Impact Incubator Cohort

Communities

- Community Conversations
- Mental Health First Aid

Businesses

- Antiracism Incubator Cohort
- Signature Coaching Workshops

Nonprofits

Community-based transformation for the wellbeing of self, family, and community

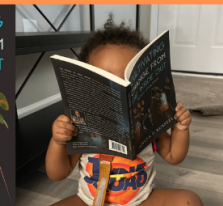
**INFLEXIONPOINT
PODCAST**

Empowering individuals on a personal journey towards antiracism activation through courage, conversation, relationship, and personal accountability.

**TRANSFORMATIVE
TRAVEL**

Travel with the intention of growing and expanding awareness of self in relation to others on a journey towards becoming a global citizen.

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THE PLACE TO SOAR: TRANSFORMATIONAL COACHING & ACTIVISM

Anita D Russell, Founder/CEO of The Place to SOAR, a social enterprise dedicated to cultivating change through daily growth, personal transformation, and accountability.

Personal Transformation Expert

As a personal transformation expert, I work with business professionals, entrepreneurs, authors, and creatives to get comfortable with stepping into their discomfort zone to stop the fear, put an end to self-sabotage, and cross the bridge into growth, transformation, and accountability. As a result of working with me, individuals become more comfortable with themselves personally and with others interpersonally; more courageous in business endeavors; and more empowered in the value they bring to others and their impact in the world. I am also an On Call Facilitator at the Center for Creative Leadership, a leader of global research in the field of leadership development.

DESCRIPTION OF PROGRAMS AVAILABLE

Monthly Masterclass: Group Coaching Virtual and Live Sessions Available

Join this monthly coaching masterclass for cultivating change, activating personal transformation, and unveiling human potential. Each monthly session begins with an empowering topic and unique question to guide the flow of the conversation.

Schedule: Last Thursday of the month | 2-3:30 PM ET

Enrollment Limit: 20 | Tuition: \$97 per person per session

Resources and materials provided

Antiracism Incubator Cohort: Virtual and Live Options Available

Targets individuals who are seeking to deepen their understanding of historical and racial literacy to impact social change through antiracism activation. The antiracism activation model presented here is based on four tenets: courage, conversation, relationship, and accountability.

This **10-WEEK** antiracism incubator delivers an experience that (a) prepares you for critical self-reflection of your thoughts, beliefs and ideas about racism; (b) equips you with greater awareness of what emerges in your words, actions, and behaviors as a member of a racialized society; and (c) provides you with a personal transformation strategy towards true allyship and antiracism activation. A transformational journey such as this is for those who desire a deeper understanding of themselves, connecting to others, and cultivating change from the inside out for the purpose of eradicating racism and creating an equitable future. It is a powerful journey for individuals who willingly put their faith in a different future. Available for individuals, nonprofit organizations, and businesses.

Schedule: 90 minutes/week for 10 weeks with optional open forum discussions in between

Enrollment Limit: 20 | Tuition: \$1997 pp

Resources and materials provided

Private Coaching

Growth from within means recognizing that you have to know yourself from the inside out to achieve daily growth and personal transformation. Together we cultivate change through discovery (appreciate the best of what is), dream (what could be; define the ideal), design (what should be; plan the action steps) and destiny (what will be; sustain the vision).

Private coaching options:

Just-in-Time Self-directed Coaching - 60-minute self-directed coaching session: \$150

Private coaching programs range from 3 months, 6 months, or 12 months.

All sessions are 60 minutes in duration.

- 3 months: Living On-Par (6 hourly sessions) – \$1200
- 6 months: Living Your Best Life (12 hourly sessions) – \$2400
- 12 months: Living Intentionally (24 hourly sessions) – \$4800