



### **About Lolita**

Lolita Harris is a life coach, speaker, mentor and minister dedicated to helping women to overcome matters of the heart that keep them from experiencing abundant living.

Originally from Chicago Illinois, Lolita grew up in a very humble and poverty stricken environment. Being raised by a teenage single mom, her maternal grandmother helped out a great deal in her upbringing. At age eleven Lolita lost her father at the hands of his sister's boyfriend. Despite the challenges she faced early in life, there was still a great plan for her to live out. With the help of many family members, teachers, mentors and coaches Lolita was able to navigate through the challenges of life.

Lolita's experiences fueled a passion within to inspire, encourage and demonstrate to other women the importance of dreaming again, planning out the details and putting action to the plan. With over fifteen years of experience as a coach, mentor, entrepreneur, speaker, wife, mother and minister, Lolita brings an amazingly rich combination of experiences into every aspect of bringing the best to each client she serves. She is dedicated to partnering with individuals, groups, churches, teams, and educational institutions to make a positive impact in the lives of women. She has a phenomenal track record of guiding women from places of fear and insecurity to a life of confidence and security of who they are in Christ.

Lolita is currently CEO of both Navigating the Heart Life Coaching™ and Heaven on Earth Hair Palace. She is also the founder of Healing Hearts Women's Ministry and Lolita Harris Ministries which serves homeless families and domestic abuse families and their children throughout the Dallas, Texas metroplex. Lolita currently resides in a suburb of Dallas, Texas with her husband Johnnie and their fifteen year old daughter Triniti. She also has two sons, Antonio (24) and Dieon (18). Nothing is more important to her than her relationship with God, family and helping others.

***The mission of Navigating the Heart Life Coaching is to help women overcome the matters of the heart that keep them from breaking through to success in every area of their lives. It is our vision that the women we serve would experience abundant living in which they are equipped to accomplish goals, experience healthy life giving relationships, understand their purpose and live out their dreams with passion and excitement.***

# Speaking Topics

Through a lifetime of enriching experiences, Lolita has garnered the expertise and capability to speak on a number of topics with clarity, inspiration and practical wisdom that impacts the lives of her clients and audiences in an immensely positive way. No matter what your organization's needs are, we are confident that Lolita can meet them through one of her workshops or keynote presentations. Find out more about her topic selection below.

## Marriage & Family

### ***Known In the Gates: Being Married to a Man of Status***

During this presentation, Lolita will explore the dynamics of being married to a man who lives and works in the spotlight and the unique challenges that come along with it. Using her firsthand experience of being married to a man whose fame and notoriety as a professional athlete combined with biblical insight and practical application, Lolita will leave her audience with the tools needed to gracefully walk in the destiny God has created for them without becoming overwhelmed by some of the realities of such a lifestyle.

*This workshop is perfect for: Women who are married to men in position of power and status such as pastors, heads of large companies, politicians, professional athletes and more.*

### **Blended Family Basics**

With the realities of the ever-increasing divorce rates, more than ever, people are blending families that include children from previous relationships. Although there is much blessing to be found in many of these new families, there are special ways to approach the challenges that come along with it so that no one is harmed in the delicate process of blending. In this workshop, Lolita will combine practical first-hand experience as a step-parent with biblical wisdom to coach blended families through the expectations of creating a new family unit. She will discuss everything from how and when to begin integrating members of each family and how to be sensitive to the unique needs of children who may be involved.

*This workshop is perfect for: single-parents, widows/widowers, blended families with adult children, single persons who may marry someone with a child.*

### **Express Yourself: How to Communicate Effectively**

Sometimes what we say and what others hear are two completely different things. Combine that with the unspoken communication that occurs through body language, actions and facial expressions and people can quickly become frustrated by the lapses in communicating with others. In this presentation Lolita will equip her audience with tools to break the barriers of communication in their marriages and families especially during times of conflict. With her they will explore their communication styles, pitfalls and how they can use their words, actions and more to express what they truly feel in a manner that is effective and positive.\*

*This workshop is perfect for: Married and engaged couples, parents, children and other family members.*

*\*This workshop can also be adjusted to be beneficial in the work/church/organizational setting.*

### **Good Guy vs. Bad Guy: What to do When Parenting Styles Are Different**

Parenting is a tough job. Luckily God designed the family to include a mother and a father so that neither would be left with the task of raising children alone. But what happens in Christian families when, although children are raised by both a mother and a father, they don't see eye to eye on expectations of parenting? Perhaps they have different theological positions on issues, or maybe one person is at a different level of spiritual maturity than the other. These factors can create discord and division in a home as children may begin to take sides and favor one parent over the other. In this workshop, I will coach participants in the biblical expectations of parenting and how they can preserve the integrity of a godly family foundation while embracing the strengths of each parent and child involved.

*This workshop is perfect for: Families with children, single parent/co-parent relationships.*

## Career and Leadership

### **"I" is for Integrity**

A casual survey of current events on both the global, national, and local scale will quickly reveal the prevalence of dishonesty and corruption that is a reality of our society. However, for the woman of God who leads in many capacities as an example of His love and character, there is no room for shades of gray in the way we captain our respective ships. In this presentation, Lolita will mentor other women in leadership roles on what it means to lead from a place of fairness, authenticity and honesty. She will discuss such topics as fairness, confidentiality, and leading by example. She will also cover the damage that can be done to our reputations and

careers when we fall into the traps of gossip and attempt to lead without a sense of accountability. At the end of this workshop, leaders will be aware of their areas of growth, strengths and the next steps needed to be effective where they serve.

*This workshop is perfect for: Women in leadership position within a church, school, non-profit, corporate or business setting as well as those women desiring to serve in leadership positions.*

### **Circle of Sisters: Supporting Other Women in Career and Business**

It's been said that women are catty, gossipy, and ever-eager to tear each other down at the first opportunity granted. While this may be true in certain arenas, and certainly is depicted by such in the media and some reality television shows, as women of God, we are called to a higher level of unity, love and support for one another. In the larger realm of Kingdom Business, we should all be working toward the same goal: using our gifts and talents to glorify God and bring more souls to Christ. This is very possible without negative attitudes, competition and division. In this workshop, Lolita will inspire participants to seek out opportunities to mentor, inspire and walk alongside other women in their professional and business lives. Upon completion, participants will be aware of their gifts and talents as it relates to building bridges and strong networks with other women and how it builds the body of Christ.

*This workshop is perfect for: Women in leadership position within a church, school, non-profit, corporate or business setting as well as entrepreneurs, career women and students.*

## Self-Esteem and Personal Growth

### **Fearfully and Wonderfully Made: Walking in the Love of Christ**

In this day and age girls and young women are being bombarded with ideas about their value, or lack thereof. Many of the representations the media presents of love, beauty and the self-worth of women is negative and as a result, there is a generation of youth who have a very skewed view of who they are in Christ and how much He loves them. In this presentation, Lolita will help young women to understand on a foundational level just how much they mean to God and how they can use that truth as means to make decisions and choices about the people they interact with and the actions they engage in. At the end, participants will have a very clear understanding of what it means to be "fearfully and wonderfully made," that will serve as a source of confidence and esteem during their lives.

*This workshop is perfect for: Youth ministries, youth groups, colleges and universities and schools.*

### **Tearing Down the Mask: Confronting Low-Self Esteem**

Despite the measures women take to make themselves look amazing on the outside and the numerous professional and educational accomplishments many lay claim to, there remains a high number of women whose inner realities do not match the seemingly pristine appearance of their surface presentation. With the realities of broken homes, abuse, addiction and other negative elements that women face daily, it is a true testament of God's grace and providence that many have been able to create meaningful lives. Yet, what often lies just beneath the surface are scores of women who have never learned how to love themselves or not be defined by superficial dynamics. In this presentation, Lolita will engage participants in the steps needed to ensure that their inner self-love, confidence and stability in identity matches that which they present to others. Upon completion, participants will have the keys to living a life of integrity and authenticity that relies solely on who they are in Christ.

*This workshop is perfect for: Youth ministries, youth groups, colleges and universities and schools.*

### **Crossing the Line: Why Boundaries Are Important**

Discernment is a crucial tool for women to have in their toolbox to build a life of wise choices and actions. However, many women lack a fundamentally essential skill when it comes to making wise choices that lies in their ability to set appropriate boundaries in their relationships. However, when women lack boundaries, they become vulnerable to unnecessary hurt, unhappiness and diminished perception of their self-worth. In this presentation, Lolita will educate women on how setting healthy boundaries is a reflection of their understanding of who they are in Christ as well as a very effective tool to establish and maintain respect, courtesy and integrity in both their personal and professional relationships.

*This workshop is perfect for: Youth ministries, youth groups, colleges and universities and schools.*