

An aerial, high-angle view of a city at night, showing a dense grid of buildings and streets. A prominent highway with multiple lanes and overpasses cuts through the city. The lights from the buildings and streets create a bright, textured pattern against the dark sky.

Nzinga Lowe

ENTREPRENEUR.
INTERNATIONAL SPEAKER,
AUTHOR.
LIFE COACH.
ACTIVIST.

PERSONAL AND PROFESSIONAL CONSULTANT.

SPEAKER AND PRESS MEDIA KIT
THE ART OF LIVING

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BIOGRAPHY

Nzinga Lowe, founder and CEO of The Art of Living, a personal consulting and life coaching firm, has an extensive history in working with individuals on preparing for their future and strengthening their unique identity. Before founding her own consulting and coaching firm, she was a Medical Practice Consultant, at the young age of 22, who focused greatly on bioethics, patient and provider education, and the prominent inequality faced by minority patients within healthcare. While working through this company, she connected with outside advocacy groups and became an activist for women's health and education as well as minority health disparity awareness and education. She began personally hosting holistic health presentations and community outreach initiatives. Outside of the healthcare scope, Nzinga Lowe has worked to empower women through liberation and career development workshops, work with high-school students on discovering their skill set and preparing a post-graduation success plan with college preparation and academic achievement workshops, lead resume construction and career preparation workshops for adults entering and re-entering the professional workforce and assist in vocational rehabilitation initiatives for the differently abled, those with PTSD and other mental health conditions, as well as the homeless. She currently works with non-profit women and youth empowerment groups to speak on developing their identity and becoming invaluable in their own business as well as corporate America. She specializes in brand and niche development, and hosts events centered around perfecting self-marketing skills (elevator speech, business and personal brand showcasing, etc.) and structuring identities. Within her youth empowerment workshops, she works with young women who have been victims of human trafficking, abuse, and homelessness to build self-esteem and overcome the obstacles and negative expectations that have been placed upon them from their circumstances.

ABOUT THE COMPANY

The Art of Living is a global enterprise and consulting firm on the advancement and betterment of individuals, as well as start up groups and small businesses, that are looking to build and solidify a successful future. Through various workshops, consultations, and strategic meetings, our organization works to create a specialized action plan to help meet your goals and gain success. By having a diverse concentration in success planning, holistic health, professional development, and brand creation, we are able to cater to an array of needs.

OUR SERVICES

- Speaking Features
- Business Development
- Success Coaching
- Interactive Workshops
- Commercial Promotion
- Digital Marketing
- Corporate Advising
- Personal Consulting
- Strategic Seminars
- Branding and Development
- Partnership
- Speech Creation

OUR EXPERTISE

- Bioethics
- Holistic Health
- Global Partnerships
- Lender and Investor Outreach
- Business Plan Creation
- Portfolio Construction
- Empowerment Initiatives
- Public Health
- Success Planning
- Branding
- Marketing and Promotion
- Website Design

SPEAKING EXPERIENCE AND UPCOMING EVENTS

- The Future of Health (2017)
Healthy Living Solutions LLC
- Health Blue Days (2017)
BCBS FL
- Young Leaders Confrence (2018)
S.H.E. and The Art of Living
- Brains, Beauty and Business
(2018), TrulyValued
- International Business Retreat -
South Africa (APRIL 2019)
Dimensioned Wellness
- Success After College (2017)
University of Tampa, Student
Affairs
- Your Health, Your Wealth (2018)
Black Women's Health Network
- International Business Retreat -
Paris (SEPT 2018)
Dimensioned Wellness
- Dare To Dream (OCT 2018)
Live Limitless LLC
- The Entrepreneur's Success Plan
Keynote Address (May 2019)
Akro Capital (South Africa)

SIGNATURE SPEAKING AND WORKSHOP TOPICS

THE POWER OF I

In a world where we struggle to stand out from others, the need for strengthening our unique, invaluable identity is extremely necessary, especially in your business. This presentation works to help you in uncovering your specialized niche and drive, learning how to successfully market and showcase your brand and abilities as well as how to build stronger partnerships and connections (both nationally and internationally). Learn how to successfully outreach investors and lenders as well as ways of using your platform to change the world through ethical altruism, activism, and community outreach. Learn how to become the innovative asset for customers, partners, and communities!

DETERMINATION AND DELAY

We are determined to reach a level of success, but our fear of failure and the occasional self-deprecating thoughts delay us from achievement. This interactive workshop helps you to uncover what has stood in your way of following your goals and achieving success. Learn to find surety in your ability and presence, develop confidence to succeed as an entrepreneur, and keep a persevering spirit. End the waiting and wishing and create your success story now!

CREATING WAVES, NOT RIPPLES: FIGHTING INJUSTICE THROUGH EXISTENCE

The world did not change from those who remained silent. It was from the actions of those who got out and worked hard to make a difference. In whatever you do in life, you must have a cause that pushes you to excel, whether it be a past obstacle, current struggle, or philanthropic passion. By creating awareness to injustice, through your platform, you can create change and build a following. Define what pushes you. Define what your intentions are. Begin to make change!

YOUR HEALTH, YOUR WEALTH

If you can't keep your health in balance, you can't succeed. A full holistic approach to healthcare is necessary for a higher quality of life and a greater desire and determination to achieve success. We must not only exercise and develop strong relationships with our physicians, we must put time and effort into ourselves. Meditate, praise yourself with positive affirmations, develop a healthy meal plan, and spend time loving yourself. Learn how to become more familiar with your own body and health to achieve the wealth and success you deserve.

SIGNATURE CONFERENCES AND SEMINARS

YOUNG LEADERS CONFERENCE

The Young Leaders Conference is targeted towards high school students which works to promote academic success and financial literacy, as well as increase self-confidence and self esteem. By working to first identify who you are, your strengths and weaknesses as well as your passions and drive, you can start to become the person that you are destined to be. By using integrative and innovative techniques, attendees are molded into leaders who are able to adapt in every type of environment, become knowledgeable in personal finance and budgeting, develop a structured, business mindset and learn how to become a young professional able to take on both corporate America as well as the entrepreneurial sector. Gain critical thinking skills, organizational skills, study skills, and personal and professional development consulting. Also, this is a certified extracurricular program and can be added to a college resume!

BRAINS, BEAUTY AND BUSINESS CONFERENCE

The Brains, Beauty and Business Workshop and Brunch focuses on empowering young women, ranging from 15-18 (high-school focus) or 18-35 (adult focus), through an interactive and integrative workshop that works to enhance and strengthen their identity, self-esteem, and professional abilities. The Brains session focuses on education, utilizing and finding essential resources, adaptability and success, as well as opportunities provided to young women, financial and professional. The Beauty session focuses on building self-love and self-esteem, positive body image representation and personal development. The Business portion focuses on your vision and niche, professional development, building a brand, and achieving corporate or entrepreneurial success.

WORKSHOP AND SPEAKING EVENT REVIEWS

LAURYN, HUMAN RIGHTS ACTIVIST (YOUR HEALTH, YOUR WEALTH)

"I've known Nzinga for years and have worked with The Art of Living on several initiatives and seminars. I appreciate that no matter what she speaks on she incorporates a 'call to altruism' and urges others to use their platform to change lives on a larger scale."

JOI, EXECUTIVE COACH (THE POWER OF I)

"Through partnering with Nzinga on one of her empowerment and success seminars, I was able to learn more about myself and the need to revamp my brand. Sometimes coaches need a quick coaching session themselves, and Nzinga is my go-to guide. Such an inspiration and a dear friend!"

TRANETTE, FOUNDER AND CEO OF S.H.E. (YOUNG LEADERS CONFERENCE)

"The Art of Living offers the most effective step-by-step personal development and coaching program to help you change, grow and enrich your life and business. Nzinga is dedicated and committed to ensuring you achieve greater success and satisfaction in every area of your life. The Art of Living's workshop, the "Young Leaders Conference", is educational and focuses on personal, professional and social development, and it was able to help our youth identify who they are as well as achieve their goals. She is an inspiring model of success and perseverance."

SHAVONNE, TRULY VALUED (BRAINS, BEAUTY AND BUSINESS)

"This was definitely the speech we needed to hear. I looking for empowerment in my business and for the girls we work to empower at Truly Valued Inc. She was able to reach out to these young ladies and connect with them and urge them to want more, do better, and aim higher. We have decided to bring this on as a contracted placement in our organization for the young ladies of Truly Valued Inc."

CONTACT INFORMATION

If you are interested in working with Nzinga Lowe and using her expertise in your next event, contact her for a speaking feature, For headshots, full event outline and schedule, as well as pricing and additional information, use the provided contact information below.

NZINGA LOWE

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