

To whom this may concern,

My name is Emeline Gillett, and I have been a part of Spirits Landing since the end of my sophomore year in high school. I am now a sophomore in college, and I can say that Spirits Landing has played a huge role in changing my life. Change is something that starts from the inside out; and that is what this leadership program is designed to do, change you from the inside, in regards to how you think, so that you can change your outside. An example of this would be how we respond to external situations that cause stress, challenge us and give us obstacles. My Spirits Landing life coach/mentor, Tabbatha Mays, whom I like to refer to as my “mom-tor”, because she has become a mother figure to me, has taught me that how we react and deal with these things are what contribute to our character. My parents never taught me how to deal with stress and obstacles, so I fell victim to my emotions that was triggered by these stimuli. After I was given the tools of knowledge, that came in the form of book’s, documentaries, therapy, and mentor ship, I react to stressful situations in a way in which I use critical thinking, meditation, and weigh out all of my options to solve my problems instead of being a victim to them. This has been an essential skill that I have gained from this academy. Being consistent can be difficult at times though. There are times, where I react to stressful situations by balling up into the fetal position even though I know it won’t help me. Journey’s are a process and it can take more effort to change the habits you’ve had for so long.

I feel that we are in a time where women need each other. Women need to come together and restore the values that society has lost. Women need to be in more leadership positions to balance out the male dominated society that we live in. One thing I know for sure is that Spirits Landing is a part of solving these problems. Spirits Landing is a place of sisterhood empowerment that encourages you to dream, holds you accountable to those dreams, and challenges you by pushing you past your comfort zone so that you can manifest those dreams. That is how you win. I highly recommend this leadership program to any woman or young girl that feels like they are sitting on top of their greatness; but they just don’t know their next step of action. Through this program, you will be guided, given the knowledge and a plan of how to manifest anything you seek to create in this world. It is not always going to be easy; you will find that your greatest sacrifice will have to be your comfort. This is a place where women come to be entrepreneurs, to be game changers, to be held accountable to their goals and dreams, to take responsibility for what they create and there place in this world. That is what a Spirits Landing woman is. If you are willing to do the work to be a powerful superhero and to get past what it is that is holding you back, joining this leadership academy would be a great investment in your self.

Sincerely,

Emeline G.