

I REFUSED TO GIVE UP—THIS IS HOW I FOUND MY PURPOSE

Every time I think about how I got to where I am today, I am always reminded of how powerful resilience truly is.

I grew up in the projects of South Carolina, where life was anything but easy. My mother struggled with drug addiction, which created a chaotic home environment. As a child, I often felt like the weight of the world was on my shoulders. I didn't have the safety or security that many of my peers had, and I had to grow up faster than I should have.

By the time I was a teenager, I had my own child, and the odds were stacked against me. Statistically speaking, the chances of someone like me going on to achieve professional success were slim. But there was something deep inside me—a spark of hope, a belief that there had to be more for me out there.

A BATTLE ON ALL FRONTS

I faced a mountain of challenges in both my personal and professional endeavors. Navigating motherhood as a teenager was incredibly difficult. I had to balance raising my child while trying to finish school and figure out what I wanted for my future. There were moments of overwhelming doubt, times when I questioned whether I could make it through.

Financial instability was a constant shadow, and there were days when I wasn't sure how I was going to provide for my child. The weight of responsibility was heavy, and I felt like I was constantly in survival mode. But beyond the external challenges, the biggest battle was internal—am I going to make it despite the odds?

FINDING MY PURPOSE

The turning point in my life didn't come in one big, dramatic moment. It came in small, incremental shifts in my mindset. The defining moments of my life was the constant act of trying to help my mother overcome her addiction. Her desire to be free from her addiction and my vow to never give up on her showed me the power of emotional and psychological support, and it sparked a passion in me to empower others to overcome their own struggles.

I started to believe that my greater purpose was to help women overcome their challenges, find their strength, and build lives full of meaning and joy. I made a promise that I would succeed no matter what, not just for myself but for the women I would go on to serve.

HOW I BUILT A FOUNDATION FOR SUCCESS

The road to success was definitely not one for the faint of heart, but I was determined. I threw myself into education, eventually earning a Ph.D. in Business Psychology. I am the first PhD in my family. This was a huge milestone for me because it represented the breaking of generational cycles and the creation of new possibilities, setting a new example for my family to look up to.

I built a strong support system. I surrounded myself with people who believed in me, who lifted me up when I was down, and who reminded me of my potential when I doubted it. Mentors, coaches, friends, family (and yes – even, my mom) all played a critical role in helping me move forward.

Through all this, I cultivated a mindset of resilience. I learned that no matter how tough things got, I had the strength within me to keep going. I focused on taking consistent, small actions that added up over time. I developed strategies that helped me not just survive but thrive, and these strategies became the foundation of the coaching I now offer in Thrive Society, my dynamic community focused on empowering



women to excel in every aspect of life—career, finances, relationships, health, and personal happiness.

LIVING A LIFE FUELED BY PURPOSE

Resilience is about getting back up, time and time again. Every setback, every failure, is an opportunity to learn and grow. And it's in those moments of struggle that I found my greatest strengths and purpose.

Ultimately, I've learned that purpose is what keeps us going when the going gets tough. When you have a deep sense of purpose, when you know that your life has meaning beyond just surviving, when you know your "why," everything just gives you the strength to keep pushing forward.

CELEBRATING VICTORIES AND LOOKING AHEAD

Today, I'm proud of what I've achieved, and I'm even prouder of the impact I'm able to make in the lives of others. Through the Diversity, Equity, Inclusion, and leadership coaching and training we do in my company, the Positive Psychology Coaching and Diversity Institute (PPCaDI), The Dr. Kiki Ramsey Show—my podcast, my keynote speaking engagements, coaching in Thrive Society, and my book titled Get Courageous Now, I've been able to help countless women build lives full of courage, resilience, and happiness globally. On top of this, I've been honored as one of Georgia's Top 50 Women Leaders in 2023 and 2024.

I know my journey isn't over. As a matter of fact, I feel like I'm just getting started. I'm committed to continuing to empower women and help them achieve the happiness and success they deserve. My goals include writing my next book, welcoming and supporting hundreds of women in Thrive Society, expanding my DEI and leadership development programs at PPCaDI, and reaching even more women to take that first step today.

Start small, but start now. I want you to remind yourself—that you have the power to create your own happiness and thrive.