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What do you do when change comes your way? Whether it's abrupt or incremental, change can put us into a state of shock. Change may look like illness, losing your job, losing someone close to you, or even an unexpected or planned move.

What's important is how you react to the changes that face you. What do you do when there is a fork in the road? Are you proactive about taking your next best step?

When you are paying attention to your life and you are aware of what is happening you have a choice. What will you do when change of significant consequence comes your way? Some people hide. Some literally get in bed and pull the covers up over their heads. Others anesthetize themselves until they cannot feel or see what's ahead. What do you do?

More important, what will you choose to do now? While certain changes may not be in your control, the way that you navigate through them is. It is time to look at the lessons that change is teaching you, even if the lesson is uncomfortable and painful. It is time to face where you are and to figure out where you are headed. Believe it or not, the most dire of circumstances can become manageable when you can face it head-on. So, go for it. See it for what it is. Find a way to move forward. And keep stepping.

Narriette







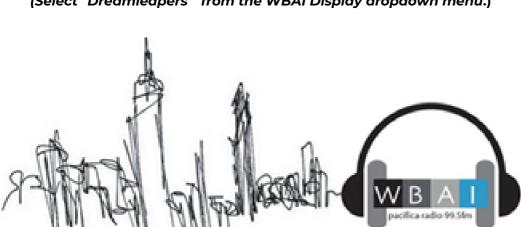
Dreamleapers on WBAI 99.5 FM

EVERY FRIDAY MORNING AT 9AM ET

DREAMLEAPERS with Harriette Cole is an inspirational and educational talk show featuring notable guests from all walks of life. Guests on Dreamleapers will share their stories, how they were able to manifest their dreams, and the challenges they faced along the way. Guests will include people from entertainment, fashion, business, sports, education and more. Listeners are encouraged to call in and learn how they can leap into their dreams.

Click here to hear the latest Dreamleapers broadcast.

(Select "Dreamleapers" from the WBAI Display dropdown menu.)







Free Speech Radio 99.5fm Pacifica Radio in New York City



Press





Harriette Cole Speaks About Black American Designer Kevan Hall

Harriette Cole from DreamLeapers.com, a 30 year fashion veteran, speaks about black designers, their challenges and why she is supported Kevan Hall's spring runway 2022 collection, at New York Fashion week. Interview by our producer/journalist Charlii Sebunya. Source: https://youtu.be/V8QIHDcrIh4

Archives

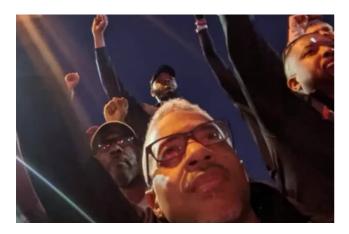




DREAMLEAPERS, an initiative to help people access and activate their dreams. You can send questions to askharriette@harriettecole.com or c/o Andrews McMeel Syndication, 1130 Walnut St., Kansas City, MO 64106.



Harriette Cole's message about Sekou





FOR SEKOU:

My dear friend Sekou Writes has been stepping everyday for more than a year. For 409 days to be exact he ran at least one mile per day in his effort to cleanse his mind, body and spirit. Sekou is an inspiration. Like all of us, he is also human. And he suffered a severe health blow several weeks ago that will take months to recover. Friends and loved ones are pooling our resources to help defray his ongoing medical costs. We invite you to join us. Sekou has long been a champion for those in need. Now he needs us.

Thank you for any contribution that you can make.

Blessings, Harriette

Our American HERO is an acronym that Sekou created meaning:

HELPING EVERYONE REAPS OPTIMISM.

Our brother needs us all to become a HERO for ourselves, our community and for him.

Read more



GFor Black Business Month, Real Conversations With AARP is featuring business mogul, "Shark Tank" investor and FUBU CEO & Founder, Daymond John.

We're sitting down with Daymond to discuss the iconic FUBU fashion empire, his dedication to helping Black entrepreneurs and how recreating his career enables him to #DisruptAging.

Source: https://www.facebook.com/events/756040272266421/







AARP celebrates life as we age. Here we applaud Black and African American culture, people, events, and history. We also share great tips and resources.



Dr. Janet Taylor is psychiatrist, self-care coach, entrepreneur, mother and lifestyle columnist, and has many coaching programs that are an integration of her years as a medical doctor, life coach, and mindfulness expert.

Dr. Taylor holds an M.D. from the University of Louisville, completed her psychiatric residency at New York Medical College and obtained an MPH from Columbia University's Mailman School of Public Health in Health Promotion and Disease Prevention.

Save the date! Tuesday, September 13, 2022

Join Harriette Cole for a Facebook LIVE Dreamleapers chat.



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DREAMLEAPERS is an educational platform designed to help people access and activate their dreams. We offer virtual workshops and one-on-one coaching to organizations and individuals who are looking to fine-tune their presentation. Coaching includes public speaking training, life coaching, etiquette training, content development, and confidence-building.