



**Kania Kennedy**

**Kania Kennedy**, the S.M.A.R.T. Sista, is a native of Detroit, MI, from a working class family focused on higher education. She received her elementary and middle school education from the Detroit Public Schools including Bates Academy Magnet School. At the conclusion of her 8th grade year, she was awarded a full academic scholarship to University of Liggett School (ULS) an Independent School in Grosse Pointe, MI, where she received her high school education. After graduating magna cum laude from ULS, Kania went on to attend Duke University and earned her Bachelor's of Science in Electrical & Computer Engineering.

While at Duke University, Kania was a columnist for The Chronicle, the campus paper, President of the Lambda Omega Chapter of Delta Sigma Theta Sorority, Inc, served in Duke Student government, was an officer in the Black Student Alliance (BSA), Vice President of the Duke Chapter of the National Society of Black Engineers (NSBE), and interned at General Motors Corporation.

After completing her education at Duke University, Kania began her career in Beauty, Health, & Fitness as an Aerobics Instructor, Personal Trainer, and Model. She later served as the Director of Events & Community Affairs at the Northwest Activities Center, and started her entrepreneurial career by launching her event planning company. Currently, Kania Kennedy is founder and CEO of Diva Dance, a company that empowers women in being Fit, Fabulous, and Satisfied. She is a trained and certified Life Coach, beauty consultant, and Fitness Instructor. In addition, she has written her first book, The S.M.A.R.T. Sista's Guide to College.

Kania started the Smart Sista project to share the wisdom of her mother and her life experiences with "Sistas" of all ages! She is committed to empowering Young Sistas in their transition into womanhood so they can have fabulous lives!





## Kania Kennedy

Kania Kennedy, the S.M.A.R.T. Sista is a graduate of Duke University with a Degree in Electrical & Computer Engineering, member of Delta Sigma Theta Sorority, Inc, and Business Owner. In her current position as CEO and Head Coach of Diva Dance she empowers women in being fit, fabulous, satisfied, and living a life they love!

Kania started the Smart Sistas project as a way to share the wisdom of her mother and her life experiences with Sistas of all ages! She is committed to helping Young Sistas transition into womanhood and Grown Sistas live the fabulous life!

# Motivational, Transformational, Educational, & Inspirational Speaking

## Talking Points & Workshop Topics

### General

#### **Fit, Fabulous & SMART**

The key to living the fabulous life, is knowing how to take care of your body and find balance. As responsibilities mount, and their bodies change, this workshops assists young women be fit, able to meet the demands of life without undue stress or exhaustion. Topics covered include Physical, Mental, Emotional, & Spiritual aspects of fitness.

#### **Beautiful You**

In this workshop Kania shares the secret to radiant skin. More than just skin care basics, she shares how to eat your way to beauty as well as some of the Emotional and Psychological causes of “bad” skin and how to solve it!

### High School

#### **Career Boot Camp**

The SMART Sista Career Boot Camp is an intensive that educates high school juniors and seniors on all options available to them after High School, empowers parents/guardians in preparing and supporting their students in being on track with a successful post-High School life plan, and sets students up to have a careers they love, and experience a life of Joy, Satisfaction, and Success.

### College

#### **Surviving Freshman Year**

Expanding on topics in her book The S.M.A.R.T. Sistas Guide to College, Kania shares with young collegiate women secrets, tips, and tricks to make the most out of their first year in college.

#### **Campus Life: Dating, Studying, Partying, Safety**

Transitioning from the confines of home life to freedom of collegiate life can be overwhelming for some students. Kania shares with college students how to find the balance to enjoy college and be responsible.

#### **The “Hook Up”**

What gets you ahead in life is not really what you know its WHO YOU KNOW. This workshop is designed to have participants learn the importance of networking and how to use their collegiate experience to build the relationships that will help them win in their academic, professional, AND personal lives.

### **General Topics**

Dating, Goal-Setting, Living Your Purpose, Finding Your Purpose, Beauty, Fitness, Well Being, Sensuality, Joy, Fulfillment, Women, Femininity

