Book Announcement and ACEs Introduction

Hey, you guys, it's me, Dr. Tori. My book is officially out. And yes, It is time to talk about ACEs. You guys can find the books everywhere. However, I would encourage you, guys to go to my website, bevictorious.com and place your order today.

Yes. It's time, to, talk, about, ACE's. Let's go, y'all. Hello. Welcome to another episode of Be Victorious! Now listen, I don't get a chance to get people that I know professionally and personally on this podcast, but this person is that to me when I mean prayer warrior who has seen me experience pretty much everything but has been there to pray for.

Introducing Christina Montgomery and Teen Spirit

Me? I had to have her on here because not only is she an educator, she's a leader. When I mean I can go through her resume, She is all that and then some, but I'll let her speak for herself.

This is one of my favorite people when I'm a prayer warrior and prayer partner, team spirit on purpose. It's Chrissy. Chrissie, where are you? Hello, hello.

Hey, I fixed it. I am excited. The ones that know. No, this is Christina Montgomery, the educator extraordinaire. Your story is amazing. I just found out you guys, when I tell you she is the principal almighty, she has promoted her own self.

and is doing wonderful things. Introduce yourself to the world. Okay. Hello world, thank you so much. First of all, for having me and Dr. Tori Williams.

I appreciate you. Um, I am humbled and I will say my name is Christina Montgomery. For anybody who does not know me, um, the founder, well, The Lord allowed me to be the Founder of Teen Spirit LLC.

which is an online platform where we're helping people to walk in purpose on purpose. God told me a while ago to start healing the teen from within us and also the team in age.

So that's where teen spirit came about and We've been just growing on all platforms. You can find me on our social medias, Instagram, YouTube, TikTok, and Facebook.

And we've done some speaking engagements and life coaching. I mean, which they say don't put God in a box so you can't one of his chosen ones in the box.

And I have seen your work. It's one thing for people to talk about it, but then there's another thing, for People to live it. You do this work, you're working not just with adults but it's your, your team spirit on purpose for me, because you are working in a community that needs you.

Asus is real and you are out here mentoring and helping for real. Can you tell us at least before we begin? Tell us about Teen Spirit on Purpose. Okay.

So again, it started off, I was a teacher at Robert Frost Middle School in Markham, Illinois. And when I started there, you know I'm five, two and a quarter.

Don't forget my quarter, y'all. walking into the classroom at the age of 20, going to be 21, with seventh and eighth grade students. And this was a single gender education setting.

I had a group of males, two classes of male and one class of females, because they had their block scheduling

going on. and I just remember saying, God, oh my goodness.

Uh, I think seventh eighth grades a little too late. Um, and from there I was attending funerals. Oh, my goodness, of students. And it was really hurting my heart because I grew up in Dalton and I was like, wait a minute, I came back from, you know, went to ISU and came I back and was, like all right, we're going to change the world.

This excited woman coming to the classroom and saw I losing some of them. It was hurting me.

Career Journey and School Transformation

After that, let me go back to get more education and pursue getting that master's so I could become a principal, and that's when I became an assistant principal at Prairie Hills Junior High School, right over the hill, okay?

After I become the assistant principle, did that for three years, that was middle school, sixth, seventh, eighth grade, a thousand students, you all. And we were dealing with about 70 staff members, And I said, Okay, there's a disconnect, something's going on here.

That's When the Lord challenged me to get my own school after three year as an Assistant Principal, I Became a Principal in that same district, Shout out to Dr.

Kamako Patterson who opened those doors. Prior to her, it was Dr Sheila Harrison Williams who open that door as a teacher, right? I gotta get my kudos.

Thank you, thank you. And while I was a principal, I saying, okay, she put me in the elementary setting. So I doing a pre-K through fifth grade and I like, Okay, we starting to shape them now, you know?

We can get them sooner. Then after that, went to my childhood school district, Dalton. and they said, why don't you come over here and do what you did over there?

And we're not gonna get into how we transformed these schools unless you want to, I'll let there be the next one, but transformed every single school.

Most of them were underperforming before walking in the doors. And I said God, just help me. I wanna give these kids a fighting chance beyond these four walls, Just to give them a chance, beyond this four-walls.

and the Lord said you're gonna do that by loving on them. You're going to get them tough love and care. but you are going to do it by making sure that I'm first.

And I said, God, we're going put you first in all things. If I put your name out there, then it has to come to pass, right? So after that, I went to Dalton, walked into Deepman Elementary School, had a beautiful staff.

I've been blessed with great staff members. My prayer is always God send me the right people who want to help me give these children a fighting chance beyond these four walls.

And, and some people stay some People leave and it is what it Is right and the Lord has always taught me to be a leader that is one as transparent servant, And also one who, at the end of the day I got to Be able to answer to my heavenly father before I can answer To any of them.

So I was able To go into Dalton shout out to Dr Maureen why she was the superintendent there. prior to her with Shelly Davis. And she remembered when I was a student at a Thurston middle school.

Then she said, okay, well, you're going to come over here and you going do the same thing. Now it's your childhood school district. Give back to your community.

Transform that school and now that's school is no longer underperforming. They are commendable. So the Lord

said okay now we don't did all of that. Good job.

You know, now I want you to start working on your doctorate. Before that he said we're gonna have you stop doing some things. You can't drink, you can smoke, can be out here, not living that life that you claim that…

You get what I'm trying to say? You gotta be a woman of your word and you gotta show them a different side. After that, they say, well, let's do some Teen Spirit now because you listening to me.

And when the Lord saw that I was willing to listen and willing give up some thing so I can gain some mightier things, that's when Teen spirit actually developed.

So I wanna say that was in 2020. Two. Yes. Three years. Yeah. And here we are. The connection is Chicago, if you all didn't catch on. We have been colleagues for a while.

And just to see how, with us being in those administrative positions, how we were really into making sure we shape the schools, build the school. I've watched you.

Not only grow with your students, but grow them. because you just told your story, but in the process of that, you also grew. You are godsent, period.

But the fact that you know how to work with these kids, that know about ACEs, know what they need, did y'all hear her say that she moved and migrated to schools?

Not a different community, the community that grew up in. That's the reason why she's here. Thank you. You're welcome, because how many people actually not just go back where they are from, but understand the need of being You do, you did that.

You're still doing it. So I got to give you your roses. Because it's such a need. And the fact that you were able to go out, be in it, We witnessed the community violence and the bullying and all of that stuff growing up.

And to go back to school, to come back home, To go in the Community that actually shaped you. How was that? How Was that experience? Well, okay. I'm going to be transparent.

When I left 144, it was eight years I stayed there. as an assistant principal and principal. So that was eight years in administration, never had an Assistant Principal.

And here I am stepping out on faith because conference is hard to leave. I've been there eight year. You know, I'm known as little sweet pea, the baby, you know?

The youngest administrator coming in there, right? Flipping schools, doing that thing. and I was like, okay, but I heard the Lord say, I'm moving you and I need you to be prepared to, be ready to move.

And I didn't want to. So when I was preparing to leave, I did not have anything. This is the second time that don't happen. Lord have mercy. Okay, so when you get the call, you'll get a call from someone who was a little bit older, but we all grew up in Dalton together.

At that time she was the board president and she said, and I didn't know what school they were gonna choose for me. And I was just moving in faith and moving an assignment and they say, you're gonna get Deakman.

Now, when I growing up, Deekman was like the upper epsilon. Okay, everybody wanted their kid to go to that school. Dalton at that time was predominantly Caucasian and we had a few of us who were matriculating into the South suburbs.

Right. The community was changing. And when they told me I was going to Deakman, I'm like, OK, you know, this is 2022, 2023, right, 23, whatever. So I like I, oh, well, yeah, Deekman was the top school.

Let me get that school, unfortunately, and not due to the people who were there. But over time, it became the school they called it the dump school OK.

Um, it didn't have the best reputation. So I was walking in and I said, now, how little will you, Ooh, hallelujah. How little are you going to come in there and transform, uh, being known as the dump school and et cetera.

And so I walk in the doors and looking around and said man, you know, three things I don't compromise, which is safety. I don't compromise safety. I didn't want to compromise the environment, looking welcoming and like a place for children to learn.

And then the third things I won't compromised fundamentals. You're going to have fun while you learn it. Cause I got to be entertained and have for two, right?

Dress up for him as a doctor map. A put on look, the doctor's coat with a stethoscope and everything. Um, and incentivize them and all that good stuff.

When I walked in, I did not see the deep men that I saw when I was a child.

Community, ACEs, and Student Support

Right. I cried and I said, Lord, what? Oh no. Oh, no, I made a mistake. Exactly. I was like, wait a minute, what happened to the school? That was the top.

Everybody wanted to go here. Exactly, and so because I had went to Berger right around the corner and that was our competitive school as kids growing up, you know, And I say, You know what?

These kids, they drink the same water as the other ones. Come on, God, you can do this. So I kid you not. I got in front of the staff, we have our institute and they looking like who this little young, little energetic little, I'm trying to have them doing some team building and some of them on board and someone kind of like, You coming and going or what?

And I understand that. Right. You know? So, as God is my witness. If what I tell you all to do does not work after three months, you can go back to doing what you've been doing.

I said, but if we start to see the light, I want you to trust me as a leader because I'm hearing from God and everything I do, and I've got to console him first.

Come on. You know, some people clapping with me and ask people. Yeah, kids. In less than three months, come on, Holy Ghost, hallelujah, in less We were the ones that they were showing triple growth and all of this stuff.

And it was just because, you know, I said, Lord, what's the idea? He said go ahead and do Dr. Mapp for him, put on that thing and have had that carton candy and talkies, even though, You know I was trying to promote health, but these kids like that.

They need to be incentivized. I know our generation was we did it because our parents told us we had to, right? Right. We just, because it's innate. No, these are, they're used to receiving something for what they do.

They have to get a reward. And they don't care if it's just their name being shouted. You got to do something, for this youth. Long gone are the days when you could say, well, back in my day, and I did this with a group of parents.

I had to a conference and a workshop for them to tell them, this is not back on your day anymore. This is their time. And just like when your parents had their time and their day, it looked different for you just, like it did for them.

So now it's just all about shifting a mindset. And I'm telling you, the whole school, we became Deepman's best. Whatever you do, put whatever it is, make it the best, and we started to believe it.

The kids were speaking in. We did the pledge. we did some incentives. and to hear that school that was considered the quote unquote dumb school now be considered at the school where everybody They like, well, what's going on at Deakman now?

And my staff, they wanted to say it was me, and I wanted them to tell them, nah, it's was y'all. And I gave them back their accolades and their flowers because some of them before I came, were moved from another school.

You were forced to come to that school because you had to up with your SIP plan. So I had some people who might've been a little disgruntled because they didn't want to be there.

But guess what? We transformed that bad boy. We became a family. And I'm talking about the, everybody singing. we are, we, uh, and I've talked about, We did that.

Then after the three years, I am telling you each year we were commendable. They got off that watch list. Um, And we transformed it from the inside out.

Every Monday, every Monday. I had a not mandatory open, cause I don't want nobody trying to sue me, but we're going to have Monday motivation. And every Monday we all met up for Monday Motivation and we covered that school.

You hear me? Everything could be going on around the block and it was a lot of lockdowns. Yes. Okay. A lot a soft locks and a a hard lockdown. One thing we made sure it could not come nigh to that building.

And I mean, the community you already know, all types of mishaps happened, everything happened. But every child that came into that building felt loved and safe and protected, and nothing could come not.

Every Monday we covered that place. Because you're a superhero. Because God is real. It is. I'm always going to give God his props. But you have to have the right systems in place.

You have have people in play. So what I am hearing is that not only you empowered the students, but you've empowered to staff too. Absolutely. To get them to understand and believe.

And you'll have understand the trainings I've been going through right now. Im training staff members. Have to train them first because if they don't understand their aces, How can they help the kids that have ACEs in their classroom?

So you saw that. Now, as someone that is a advocate for ACE and advocate, for Dr. Torrey in this ministry that I have, you knew that you went into those schools thinking about the students first.

And everything that you're sharing, you did it on purpose, I did on it purpose so people can understand. You have to be the change agent. Regardless of what school you are at, regardless of who you.

Your focus, your primary focus should be on making sure that the students are taken care of. And that's why God keeps moving you He keeps moving you in different places because he's done with you and this place.

You set your mark, you set you goal. Now he is going to set to somewhere else. Y'all heard the story already, so I'm just really going back over the stories that you just shared with us.

Chrissy, are you a superhero? You got to accept the calling. That's something that you would tell me? Yes. You're calling for what you are doing because God has placed this in your life.

For me, it's the fact of the middle school, the elementary school middle, school high school. Now, I don't talk about the high score often. Not that I want to because I do not have my love, but the story is kind of similar.

The school that they wanted me to work at, I actually turned it down. I started off at that school, the TW, but it was

something about Kim Echols. And she, of course, has a different name.

Shout her out. She said, I understand. You've heard the negativity about our school. But I really think if you give me a chance, and I know you can do some things.

I like going places where people think we the underdog. I'm from Kansas City, so let's be clear. It was more or less the challenge for me. And that's where I met some wonderful people.

So just think about how valuable. You better not be crying. I'm just grateful to God, man. And I hear an assignment all through this. Baby. This is what we've been doing and people have to understand.

It's us that will be able to change a community if we're allowed. Allow us to be who we are. allow us, to grow in grace, allow to do what were doing for these kids because that what's going to help.

Our generation is different. It's the same. We owe now. Let it go, y'all. it's not the thing. let these kids, like you said, the incentive. I swear to God, I just worked with the school and told them the Same thing, all those kids came.

i got a call two weeks before that and they was like, oh, Dr. Tory, The parents have come to parent-teacher conference. And I was, no shame. But did you give them some pizza?

Did you feed them? Free dress down. If parents will show up for their kids prior to showing up themselves, That's because that's their biggest investment right now, right?

So I'm talking about the free dress down. I had nothing that the parent didn't kick. The parent don't get the dress-down, but the kid was kidding. Guess what?

That cost me just some time and some effort. And that was it. It didn' cost money. Now the little results happen. You know, I m trying to say some of the other things, But it was free to give a dress.

Down the five central survey. it Was free. To go have a conversation with a parent and et cetera. We're on assignment. We're on assignment. The vessels we are, you know, in the biblical days you read about these disciples and you keep forgetting these were normal people.

who are fishermen, who were out here, you know, selling products and trying to raise their children. And these are regular individuals. All we're doing is evolving and becoming those individuals and we are the walking disciples now that God is starting to choose to be in front of children, to give them hope, and to remind them, listen, that you are nothing but a grown-up child.

Heal that little person inside of you so you can start healing these little people who I'm sorry, sis, go ahead, because I'll tell you about it. Y'all just don't understand, I was sitting up here like a proud big sister because of what I am.

You pointed to me. I love it so much, you just understand. And I so happy you have to understand why I wanted you on this podcast. Look at how much you've pulled already.

Listen, all I m doing is just speaking because This is a young girl, so let's be real transparent. From Dalton, parents used to get into it every single night.

The officers used sit at the stop sign and just parked their car at night, just waiting on the call. Do you hear me? They did the best they could, and I thank God for my parents because they instilled so much into me.

And they tried to expose us to a different type of life and they did the best they could but they were so young and didn't have the tools, right? Everybody be like, there's no blueprint.

Listen, get into this word. Get into the word, okay? Get into this word and engage and guide you on what you need

to be and do even as a leader, even a parent, as you're dating, you are trying to run a business, everything.

And I get it. Some people be like, it's been tampered with. That's why I'm reading it and I ask to give me discernment while I am reading. Because while it is reading me at the same time.

And so, you know teen spirit became like I said healing the inside of this team inside and me and my big old age right and then trying to help us connect to these teams in their age, right now.

And they are exposed to so much more than what you and I were exposed too. But how do we merge that? How do connect that where we're not fighting each other and the household is not chaotic?

You know, a lot of times I counsel moms and council dads within my office. Half of my day sometimes was just that. I'm lying. 80% of my day was sometimes just okay.

And guess what? There was discourse because they already, the kid is living with mom nine times out of 10. I was just telling somebody this and I must share it.

Teen Spirit, Healing, and Life Coaching

on one of these videos I do. So they could follow, follow y'all because Teen Spirit on Purpose got stuff for everybody. It's not just for your teens in age, it's for the teen in you, right?

And I'm in the office and nine times out of 10, if I have to call a parent, you know, the parent I am calling is usually mom listed. I don't care if it's for sickness.

I'm careful to say great things. Okay. If it was because there's a behavior or a quick check. So you can make sure you pick, put little James back in place, a little, little Tasha back at her place too.

You know what I mean? It's just little quicks. Or Elizabeth, you know, I had my Lopez babies too, don' play. Had them all. And I got a disturbed mom. She's frustrated.

You get what I'm trying to say. And a lot of times I hear people saying, who raising these kids? Well, it's usually a single mother who's trying do her best, whose working.

Trying to go to school, raise their child, and depend on the village. The village busy too. Now, everybody coming down on her, because she gotta get the call.

She gotta leave work to pick up the child. And if she calling the dad, the dads frustrated because he's at work. And he trying to do what he can, because sometimes he got some outside family already and don't start a whole new family.

You get what I'm trying say? So I was sitting in the middle of this and I got to counsel them both for the sake of the child in front of us. So hey, y'all, they need help right now.

I remember being that kid when my parents decided to divorce and split in fifth grade. Do you get I am trying and trying figure this thing out? and how to operate, even though it was a dysfunction a lot of times in the home, you like, well, would you rather the parents both be there present in dysfunction?

Or would say, okay, maybe they need to separate and now they got to try to get along? You know what I mean? There's no real solution. when you got two households that are either separated or they're living in there in this chaos.

But that's the reason why it's so important to understand ACEs. Right. You know that. I lived it. Exactly. You lived and I love how you threw it in and not to say it like that, but yes, that's the reason why she's here.

Y'all trust me. And if God can do it for me, and this is what I would tell those young people, you are not a product of your environment. You know, choices.

And now I'm helping my niece. She goes to Bible study. That's why we had to do. I was going to share that. So just so you all know, I've been trying to get Mrs.

Montgomery for a minute. And I actually had the tell my producer and Marv was out for it because he's a mentor too. To see the kids in the car waving, we can cancel.

Because there is nothing like seeing a mentor handle her business. If those kids want to go to Bible study, take them. Because first off, kids young, knowing about God and actually wanting to God.

Yeah, you stop everything that you're doing and you do that. So yeah, y'all. And it's only because I know who she is and how she acts and in how much of an asset she has to her community.

You have to tell us about team spirit. Tell us more about it because the the students that you have is from somewhere tell, us, about, it so you know now the kids who i started at robber frost with their 28 29 they having kids yes i'm like man and i you, know sometimes i see them on facebook and um Now, wait a minute, you're raising up the next kid.

Wait. Okay. You know, and some of them, I'm like, oh, good. All right. Now you training up that child and the way they should go. But this is all training, right?

So, so I see the, they training them and you can make a prediction if you want to, but I start to pray immediately. And I said, okay. I says, see, that was their teacher.

Now they and they had summons you know some of them them values and principles. Some of them went they way and some of kept with them or whatever, you know.

So I'm looking at that. And then I look at my nieces and nephews and my godchildren. I haven't been blessed to have my own yet, but you I got all y'all kids.

A bonus niece and nephew. Yes, we love Auntie Chrissy. Let's be clear. We praise dancing together. we shopping together, whatever I can do. and I was like, okay, well I am one person.

You know what? I need to start doing these videos and offering life coaching. And the life coaching didn't come about until I did Tony Gaskin's, my mentor program.

He had a certification class and I took that and that was after I had started already doing the videos. And I was like, okay, these videos, I like how do I help them realize it's not just for teens and it is for the adults and vice versa and God's like I'll do that.

Just keep saying what I say for you to say because people think That this above them, baby they need this. People think the conversations that I'm sharing these videos about, oh they're not exposed to that.

I had first graders in my office. I don't found all types of stuff. I'm just saying that, let's just say some of the things I've heard from people. So, you know, my own babies, vape pens, okay?

Edibles, because they thinking it's candy. Porn is right here on this device. And it is not just the males, it the females too, on the bus. in the library, trying to speak my mind.

We normalize the stuff. So I said, I can't talk to them like babes, because in their minds, they've been exposed to adult things. I got to talk them. Like, this is a regular conversation.

And my 11-year-old nephew, He's talking to me about anxiety and things like that and depression, because why

these are buzzwords that's around them already.

They didn't know how to describe what I was going through, but they could tell they identified it at this age. And they put names to it and words to. And then it's trending.

And they know about it. I was at a school and I had engaged the class. You know me just for a training. But I wanted to be in a classroom. So I get to meet the kids and it went.

One of the students came in and they assumed that I'm a sub. And so one of the boys came in you know how it is you deserve so that of course they want to act up.

So I heard one or two cuss words and I was like okay, you don't know. But I think it took that third or fourth cus word I said let me tell you something.

Do you know that the young man came back, he apologized, we became best friends the next day? Absolutely. But the staff was so focused on, well, you were there for training and I just want to know how cussing is including in your training.

I said, sometimes maybe you got to meet the kid where they're at and what they understand. Yeah. And so I had to throw a few cus words to catch his attention and let him know, number one, no punk.

Number two, to get his attention because that's all he understood and knew. If I say sit down, young man, he's never heard that. He's heard, sit the fuck down.

That's how his mama talk. Exactly. Then he talk and so that why we're here because what people don't understand is when you're in schools and you working with the youth, You have to meet them somewhere.

You did everything that you did. you brought in the faith. They actually brought it to you. And here you are. Oh man. I had a, and I try to tell a lot of adults, you know, when I was the principal, like, let's not be so punitive.

Let's forget the grace and mercy that we extend to that. We need it extended to us on that daily and still do right. So I remember one time I who was turning in assignments late to me, but wouldn't accept late assignments from the kids.

And I said, sis, can we have a real talk? And she like, what? I say, you turn in your lesson plan late every other week. I give you extensions, grace and mercy, I even sit down and I'll work with you on them.

But yeah, little Johnny. And you know, little Jessica, she couldn't help that her parent got her here late and didn't bring her. They're not driving yet, but yet we penalizing them for the actions of the adults who are, you're no responsible for them.

How about some grace and mercy? Next day they could turn it in, and I think it was just a mindset shift that we just get out of this punishment, punishing, repayment.

If you want to repay these children for some of the things you experienced that were unfair and unjustly, then you know, now do the opposite. Like it's okay to be a gentle, stern person, right?

And I just feel like we've gotten to this place where it is boundaries out of this world and nobody gonna do me like this and all these things. Well, listen, you in front of them, give them human giving them human space to go ahead and make some errors and grow and et cetera.

So a lot of the things I've been trying to do was really be transparent with everyone about my journey and be be, transparent about life and just help them to realize like if we don't heal this team within us, where it usually started that first form of rejection or where you first experience your heartbreak and etc.

If you don' heal that, then you in front of them with that same broken person. And that's why the cycle continues, right? So our job is to break these generational cycles, not only in our households, but also in classrooms, also our schools, in the churches.

Come on, let's talk about it. You know what I mean? Let's about the past. They leaders too, they still got these, They human. Do you get what i'm trying to say?

When the boy said, go ahead and get team spirit going, it was because I needed to reach more than what was in front of. And I promise you this thing been growing and, and life coaching has been mostly, I'm speaking with parents about their teens or these, these preteens, or even their adult kids who are still dealing with father wasn't there, mother wasn' there and et cetera.

So the thing I was doing in my office as a principal, now I am doing via zoom. So it's not just in Illinois that I'm able to. I was, I got clients in Atlanta, Kansas, uh, had somebody in North Carolina, Dallas, right.

And my girlfriends I've been telling them, listen, y'all been getting a lot of free services out of me.

Current Role, Resources, and Closing Remarks

And this is where we're gonna pause because let's be clear, you're reaching people, your reaching students, Your reaching, people globally. And that is what I see.

I, see the change. See the students saying, I need help. That's why you are here. You have to continue walking in your purpose because again, they're the ones that's staring you.

They're are the one's that telling you, okay. Yeah, no, listen to kids y'all we have to listen, to the kids, but I have, give you your credit for not just listening to, the keys but also listening, Remember we was told to graduate, you know, don't get pregnant or go to school and eat candy or, do stuff like that.

They didn't have people like us. So for you to take that leap of faith, You're still in education and we value you and thank you. However, parents need you real bad.

What will I tell you? And the tagline is at the end, I always tell them to walk in purpose on purpose. And then I say, go-to-work God. And all I'm trying to do is say y'all, at the end of the day, if we just ask for an alignment, our steps will be ordered.

If we want to move with a heart of grace and with love, it'll be, that's one of your desires, and it will given to you. But we got to get to our purposes so that you know, whoever's supposed to be assigned to us, we can start helping them to get to their purpose sooner than what we did.

You know? I don't, some of them are 12 already knowing they got this urge and this feeling inside of him. They're like, well, just help me steer it. So life coaching is an investment.

Start with your babies now and help you, cause it's not too late for you who's 60, 65, 70 either. you Know what I mean? Come on, get your life coach and going so you'll know what your purpose is.

And you don't leave this earth with anything undone that you were supposed to do purse to meet post the handle post to finish. So that's what we say and we said go to work God, because we want the Lord to go ahead and just start getting on that thing start speaking to us and God and engaging us but where I was going with this.

But yes, basically. I love it. So okay, I am a student and I see team spirit of purpose and i want to learn more about it what would you just say to someone that's beginning their healing journey?

Number one, good job. i'm so proud of you. for starting a journey. People never become healed and fixed. We're always healing and the journey is forever.

What do you say, Nipsey? What did he say? Nipsy Hussle say it's not a race, it is a marathon. This journey Run your pace and your race and you journey at the pace that you can.

And as you are healing, allow me to gauge and be there with you as a trusted adult in your life. You know, not saying that your parents can't do it, but sometimes there's a disconnect with our parents and their children.

They've seen a lot, they've heard you. And some of them question if they want a life that looks like yours or not. No offense, just being 100 with you, right?

So you may not be the person who can get their ear at the time. But trust Bay, best auntie ever with the ear. You know, I got to consult the Lord before I speak to your baby anyway.

Right. And then not only should it just be your child, but also you, you go ahead and book a session. I've done sessions with parent and child together.

So I heard the child first, then I hurt the parent. Then the next time I brought them together and I said, listen, let's coach this life up. Let's get in purpose together because you all need each other in order to survive this thing.

And then I would tell them to go to www. TEENTeenSpiritOnPurpose.com, which is the website. And there you will see my video where it talks about, you know, the journey with the education, because some people don't know but I have retired my role as a principal after 11 years.

Yes, yes. So after eleven years, I heard the Lord say, This is your last year as a principal and I felt, you know, I was staying the same district and oh yeah, now let's make it happen.

The Lord moved me. So I'm with a new district now. I am with Harvey 152 and the literacy instructional coordinator for the district. I work with principals, but I'm working with all the teachers in all of the schools.

And I just feel like I get to drop nuggets of joy and prayers and wisdom and some guidance from the 11 years as an administrator and seven years, as a teacher.

So that's 18 years of education. We not going to talk about when I was a camp counselor before that. Okay. Because the Lord started pouring in me when i was 15 years old.

and walking back in your community doing this. My goodness. And you are all of that in a bag of chips. So if you did not know, yeah, she's still in it.

She's in her community. This is what we need. We need people that cannot just go out there and walk the walk, but talk the talk. That's why she's here, you guys.

One of my favorite people in the whole entire world. Now you did share your website already, teenspiritonpurpose.com. Where else can they find you? I'm on TikTok, TeenspiritsonPurpose.

Instagram Teen Spirit On Purpose, Facebook Teen spirit on purpose, YouTube Teen Spirits On purpose. And that's T E E N Spirit on Purpose. Again, it's videos.

Lately, the Lord had challenged me with the life coaching. He said, you've been doing a good job, but there was this conference that I did that was about healing our educators, how they can help themselves healing from the inside out, right?

And my session was on boundaries and how to say no in a healthy manner, you know, so that you can make sure that what you're doing is also serving you.

Because when it's no longer serving, then you out of purpose, I mean, serving purpose basically. But things that no longer serve me, I have learned to disconnect from relationships, guys I've dated, even family members.

You got to learn how to, you know, if the job's no long serving, can you walk out on that faith? As I just did recently, did not have the district position already before I left where I was.

I'd just heard the Lord's voice and it was, Hey, this is it." And I'm like, we leaving? Where are we going? You're going to trust me along the way. And you're gonna do what I tell you to do because if you stay, it's more harmful to you and them because you no longer doing what i'm telling you too.

So I did, I stepped out on faith and sure enough, thank God your name will be in rooms that you never walked in before. your reputation will definitely perceive you.

And when you are doing God's work, you're in alignment and you about healing his children, his babies. When you care beyond the paycheck and the numbers, I'm telling you, God gave me back time, something I could not pay for.

That was the first summer I had off to ride my bike and get into doing more Teen Spirit videos, to visit family, be there with my nieces and nephews, my God church, focus on my health.

And I was like, God, what are we doing? Where are going? God like I got you. I just want you to enjoy some you time. Something I hadn't had in 17, almost 17 years.

Cause summers I would work too. So when he gave that to me, next thing you know, Because I was like, all right, I want district law. I wanna use a different muscle.

He said, we're gonna use the different muscles. And you better be ready to work. You've been working. Y'all will see more of us, of course. Like I said I know Christina professionally, personally, when I tell you I need a call, if a prayer warrior.

Yeah, come on. Maybe I'm all for Teen Spirit because I've seen it. I have seen the impact that she has done. It complements Be Victoria's Foundation as a mentorship program because if I need someone that can help lead and guide to that next direction, you have a lot of the students talk, y'all.

They know what they want and they know they need. So to have somebody in our community that is that one, if they to go to for prayer, they go for consulting, parents need to life coaching, need this type of thing, I'm grateful for you being in the community.

So thank you again for being here. I just want people to understand and know that the awareness and the community is the empowerment we need in order to heal, in ordered to continue to grow, In order let God use us for our purpose.

And you're doing that. So I thank for you being a guest. Finally, that you are here! And you guys know where to find me. I'm everywhere, Dr. Victorious.

Now, what's interesting is this TikTok, I got to get back on it because you're killing the game on TikTok seriously. Um, love your videos. Love everything.

So I'll be back there, but you can find Dr Victoria's everywhere and you will see us doing more collaborative efforts and more things together. Again, thank you for another episode of be victorious and we will talk to you.

Goodbye for now.