

LONG BIO

Samara is a sunny California native with a bright infectious smile. At five feet tall, she has a surprisingly big energy that is electric enough to fill a room. Having grown up surrounded by the spirit of entrepreneurship, it's no wonder that she has created a unique business that has fused her professional and life experiences into an approach that inspires mental health professionals and entrepreneurs to live expansively and achieve their full potential.

Her background in mental health and her decades of business experience have allowed her to parlay her gift as an engaging speaker, insightful coach and brand strategist into a unique career and an inspiring entrepreneurial lifestyle.

Before graduating with her Bachelors in Psychology from Hampton University in 1995, she had already created her first entrepreneurial experience. She braided hair and created natural hairstyles for women of color in the 1990s, supporting them in embracing their natural beauty and pushing against narratives about how hair "has to be" in order to be perceived as professional.

Samara's natural hair business continued to flourish as she pursued her M. By the time she graduated in 1998, Samara had learned how to motivate people, organize systems and leverage her training in mental health as a paradigm shift for work in business and entrepreneurship.

After graduating with a Masters in Social Work from the University of Maryland in Baltimore in 1998, she later opened The Stone Foundation in 2005. This Maryland based behavioral health firm where she positioned her as an innovative leader in the field of mental health. It wasn't long after making waves as an innovative leader in the behavioral health field that her colleagues began to seek her out for her business savvy guidance on how to fill the knowledge gaps needed for them to successfully pursue building profitable private practices. Samara created PerfectedPractice.com in 2013 as a step by step guide to supporting behavioral health professionals in building private practices that make a minimum of 5k a month within 6 months of opening their doors. She has helped so many make the leap from employee to entrepreneur giving them the freedom to live and work on their own terms so they can truly have the impact they intended to have when they came to this field....without fear of burnout or lack.

Embracing her creativity and intuitive ability to see unique strengths and business opportunities, Samara began offering biz strategy and branding solutions for mental health entrepreneurs that are ready to go beyond the couch and expand their careers. Samara's approach to branding for mental health professionals combines life purpose with their expertise positioning them to create

business brands that make them “go to” experts and infuses them with the confidence to pursue opportunities where they can make money and make a difference.

As a coach, Samara is the perfect balance of compassion and accountability, offering insightful strategy while nurturing the emotional resilience needed to approach entrepreneurship with the confidence to take inspired action.

FINAL BIO

Samara, a sunny California native with an infectious smile, exudes surprisingly big energy that can fill a room. Surrounded by the spirit of entrepreneurship while growing up, she has fused her professional and life experiences to inspire mental health professionals and entrepreneurs to reach their full potential.

Her journey began as a natural hair stylist at her alma mater, Hampton University, an HBCU, where she passionately supported women of color in living beautiful, liberated lives. This commitment continues through her work at www.befullgrown.com.

With a background in mental health and decades of business experience at www.thestonefoundation.com, Samara has effectively utilized her gifts as a captivating speaker, insightful coach, and brand strategist. Through her platform, www.perfectedpractice.com, she offers intuitive and transformative coaching, creating a community that supports mental health entrepreneurs in growing businesses they love.

Samara's unique career allows her to live an inspiring entrepreneurial lifestyle, promoting personal growth, self-care, and balance, principles she encourages in others. Whether she's basking in the sunshine, traveling the world, enjoying quality time with her three children, or sharing laughter over a delicious meal with her husband, her zest for life shines through.