

## CHALLENGE ACCEPTED: Redefining Words to Redefine My Life

*"Every Instance of Change Starts with a Challenge" Gordon*

Challenges from the start marked Trisha's early life. Born prematurely at five and half months with an undeveloped heart, brain, and set of lungs, doctors did not expect her to live past the age of one. It was shared that if he did survive, she would not be able to think for herself, fully comprehend, or be able to walk. Over the next ten years of life, Trisha would be exposed to drug abuse, domestic violence, physical abuse, bouts of homelessness, and neglect. After surviving a house fire, Trisha was placed in foster care at 11.



The unresolved trauma of her childhood impacted her adulthood and mental health significantly.

Despite these struggles, Trisha is now a passionate advocate for empowering young women and girls through mentorship and coaching. She inspires and empowers others with her life story and promotes developing a positive, growth mindset by turning stumbling blocks into stepping stones by redefining words. Trisha credits God with blessing her with the gift of knowledge, a living testimony, and the ability to redefine words to redefine her life. Trisha redefined four words that helped change the trajectory of her life: F.O.S.T.E.R., B.E., P.R.E.P., and R.O.C.K.

Trisha intentionally focuses on opportunities that strengthen, teach, empower, restore, or release what she needs to move forward. Trisha builds energy daily as an author, inspirational speaker, mentor, coach, philanthropist, and founder of the Gordon Visionary Journals. She recently became an international and U.S. best-selling co-author of "Tenacity: The Deconstructing G.R.I.T. Collection" with over 40 other women, where she focuses on Building Energy through Tenacity.

Trisha finds time daily to pause, reflect, be empowered, and have a plan of action. She is a mother of a 23-year-old son and enjoys spending time with family and friends, fitness activities, creating literary works, writing, reading, and traveling. She also serves on a local RESPOND Advisory Committee with Foster and Adoptive Care Coalition and the Board of Directors for Girls in the Know, a BIG with Big Brothers Big Sisters. She serves as a mentor to girls with The Sophia Project and volunteers at school".

Trisha has over 30 years of experience in the public and nonprofit sectors and currently serves as the Vice President of Community Investment at a local nonprofit funder. As a lifelong learner, she holds degrees in Political Science/Pre-Law, Business Administration, and Human Resource Management, as well as a certificate in Entrepreneurship. Trisha's decades of experience, education, and service to others are grounded in recognizing others and opportunities that she connects with, and they keep her grounded.

**Philippians 4:13 reminds us that I can do and survive all things through God, who strengthens me. Amen.**