

bio

# Keisa Sharpe-Jefferson

Certified Life Coach

Meet Keisa Sharpe-Jefferson, an award-winning journalist, author, and certified life coach whose passion is helping people thrive during major life changes. A former television broadcast news anchor, producer, and reporter and former corporate spokeswoman, Sharpe-Jefferson is now a fulltime entrepreneur serving clients as a Certified Life Coach and Realtor. "I've learned to make friends with change rather than resist it, and in doing so, it's allowed me to make major life transitions with relative ease and I'm passionate about showing others how to do the same."

Sharpe-Jefferson's philosophy on change has become a cornerstone of her coaching practice. She uses her skills in communication and empathy to help clients navigate challenging transitions and reach their full potential. Her dedication to her clients has earned her recognition as a featured columnist for the Birmingham Times and a regular guest on WBRC-TV FOX 6 News in Birmingham, AL. She is also a sought-after speaker on local and Southeastern platforms, sharing her expertise on topics such as resilience, change management, and personal growth. Her entrepreneurial ventures have been featured in Jet Magazine, and she has won several awards for her outstanding contributions to the field of journalism and entrepreneurship.

When she's not coaching or speaking, Sharpe-Jefferson enjoys helping clients change physical living spaces as a licensed Alabama Realtor. She is also the Founder and Chief Marketing Strategist for her natural products business, All Shea Naturals, which creates homemade, all-natural body butters and sugar scrubs. Sharpe-Jefferson's dedication to promoting self-care and natural living extends beyond her business, as she uses her platform to inspire others to prioritize their well-being.

In her spare time, Sharpe-Jefferson enjoys reading, traveling, and spending time with loved ones. She is a dynamic speaker and coach, committed to helping her clients overcome obstacles and achieve their full potential. Her energy, compassion, and expertise make her a sought-after speaker and coach, and she is an inspiration to many.

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