

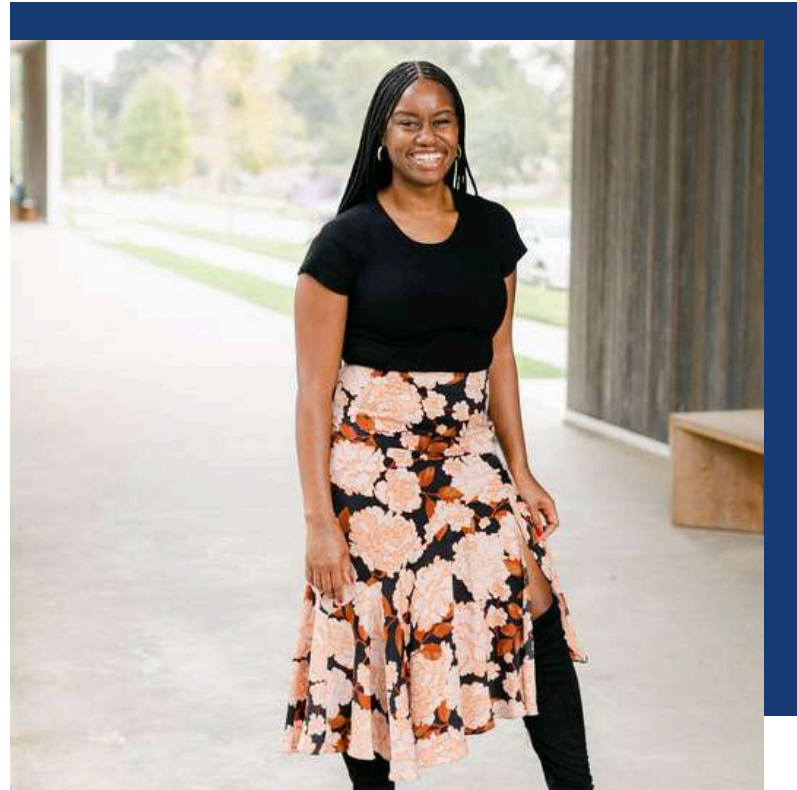
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BREAKTHROUGH

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MEET THE FOUNDERS



ALYSCIA RAINES

CONNECT

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ALYSCIA RAINES

ADR CONSULTING GROUP LLC

Alyscia Raines serves as the CEO of ADR Consulting Group, a workplace culture strategy firm. Alyscia founded the firm over 5 years ago when she observed that leaders lacked the time and skills to address retention issues within their workplaces. Thus ADR Consulting Group was born with a mission to create inclusive workplaces where the humanity and dignity of all employees is honored, leading to increased employee retention, engagement, productivity and satisfaction.

Alyscia has over a decade of experience in consulting, leadership development, team effectiveness, curriculum development and strategic planning. She along with her team leverage their experiences to work with clients in non profits, education, private sectors and government to give leaders the tools they need to create workplaces their employees want to stay and grow.



CARLIN BARNES

C O N N E C T

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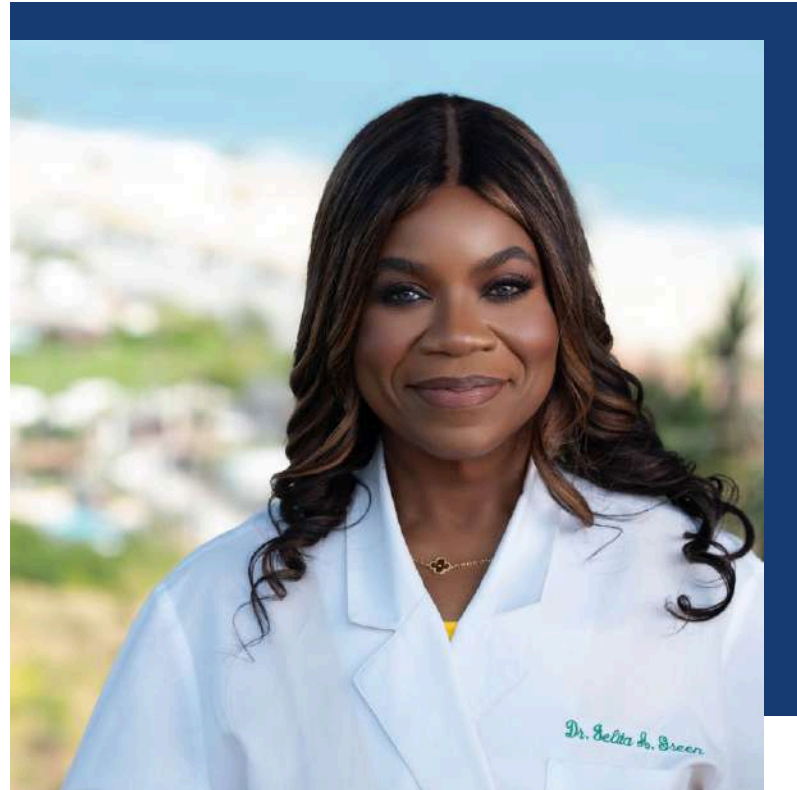
CARLIN BARNES

CARLIN BARNES, MD, PA & ASSOCIATES

Carlin Barnes, M.D. is the founder and CEO of Carlin Barnes, MD, PA & Associates, a private psychiatric medical practice. Her mission is to provide culturally relevant, quality medical care to individuals experiencing mental health conditions. Carlin Barnes, MD, PA & Associates was founded in 2009 when Dr. Barnes decided to dedicate her life's work to addressing the mental health disparities which exist in communities of color.

In 2024, she decided to further this effort of addressing mental health inequities by expanding her practice to include interventional psychiatric treatment. As founder and CEO of Carlin Barnes, MD, PA & Associates, Dr. Barnes oversees the daily business operations of her medical practice while delivering quality patient care to individuals experiencing psychiatric conditions. Dr. Barnes believes that quality mental health care is the key to living a fulfilling life.

To date, Dr. Barnes has been recognized by Taraji P. Henson's Boris Lawrence Henson Foundation. She is also a published author.



DR. JELITA GREEN

GULF COAST VISION CENTER, INC.

Dr. Jelita Green is the CEO and Clinical Director of Gulf Coast Vision Center, a private optometric practice in Houston, TX. Her mission is to provide excellent eye health care and excellent eye wear selections.

Gulf Coast Vision Center was founded in 2011 when Dr. Green secured her first major corporate lease with a big box retailer. As CEO and Clinical Director of Gulf Coast Vision Center, Dr. Green oversees the complete patient experience from the first point of contact, to facilitating a thorough eye health examination, making sure each patient has all questions answered and concerns addressed, to making sure prescribed medications and/or prescribed eyewear performs properly.

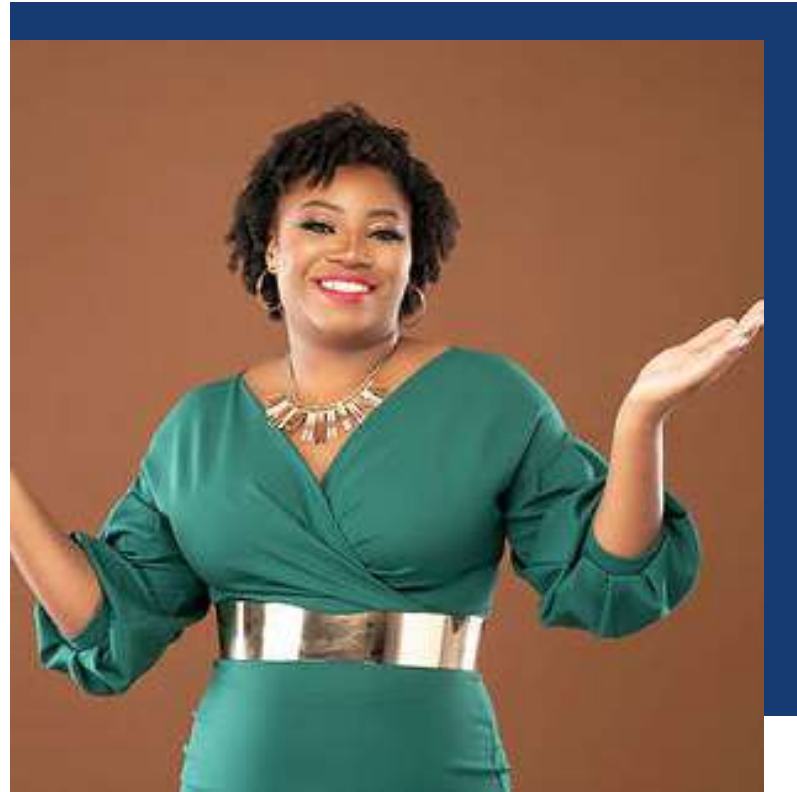
Dr. Green believes that every patient should be treated with the utmost care and should not be rushed or made to feel like a number. She spends about an hour (or more in many cases) to make sure that each of her patients gets the proper care. To date, Dr. Green has been recognized by the Mayor of the City of Houston and the Houston City Council for volunteering eye health care services. She has also earned a Certificate of Special Congressional Recognition from the United States Congress and was recognized by the Texas House of Representatives for excellence in business.

DR. JELITA GREEN

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ELIZABETH MCCOY

C O N N E C T

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ELIZABETH MCCOY

YOUR SPACE TO HEAL

Elizabeth McCoy, known as The Transformation Therapist, is the force behind Your Space to Heal. With a BA in Criminology, Law and Society, an MA in Forensic Psychology, and currently pursuing a doctorate in Clinical Psychology, Elizabeth is licensed in Texas as a Professional Counselor, Sex Offender Treatment Provider, and Chemical Dependency Counselor. She's also a preceptor for psychiatric nurse practitioners.

Your Space to Heal is a beacon of hope, offering accessible, affordable, and culturally responsive mental health services. Elizabeth's vision is to spark a wave of mental wellness in communities through technology, breaking down systemic barriers and making mental health support within reach for everyone. She's seeking to tap into the BreakThrough cohort's knowledge and network to help Your Space to Heal grow and thrive. Elizabeth champions a world where mental wellness is a right, not a privilege.



ERICA FOWLER

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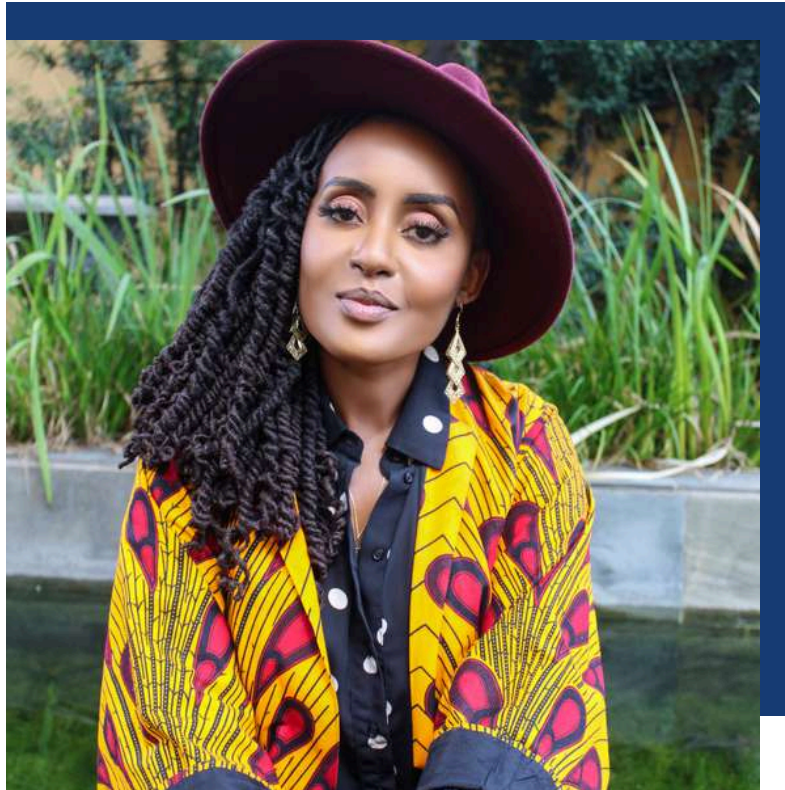


ERICA FOWLER

GOOD INSIGHTS COMPANY

Erica Fowler is the Founder and CEO of Good Insights, a company dedicated to supporting mission-driven organizations and small businesses with innovative, affordable analytical tools and training. Her goal is to close the data literacy and accessibility gap, empowering under-resourced leaders to harness the power of data. Good Insights was founded in 2022, inspired by Erica's commitment to ensuring that every organization—no matter its size or resources—can use data as a strategic asset for growth, impact, and wealth creation.

As CEO, Erica oversees strategy, product development, and partnerships, creating solutions that simplify complex data for actionable insights. She believes data is more than just numbers - it is a tool for informed decision-making, economic empowerment, and social good. Erica has participated in Babson's Center for Women's Entrepreneurial Leadership program, Goldman Sachs' Black in Business Program, and the Black Girl Ventures Emerging Leaders fellowship, which have all shaped her journey as a leader in the data space.



ESOSA EDOSOMWAN

C O N N E C T

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ESOSA EDOSOMWAN

RAW GIRL INC.

Esosa E. is the Founder and CEO of Staying Ageless Coaching, a holistic wellness company dedicated to helping women heal chronic conditions and balance their hormones through personalized nutrition and wellness programs. Her mission is to create a girlfriend experience in healthcare and empower women to reclaim their health without relying on medications or invasive procedures.

Esosa founded Staying Ageless Coaching in 2019 after recognizing the lack of accessible, holistic care for women of color. As CEO, she oversees all aspects of operation and development of programs like Staying Ageless 30+, The Hormone Balancing Academy, and Pregnancy Prep Academy, while also managing a small staff of four.

Esosa believes that women deserve personalized, compassionate care and that natural healing is key to achieving long-term health. Her work has been featured in Vogue India, Mind Body Green, Thrive Global, Elle, Ebony, and more.



FELICIA DE LIMA

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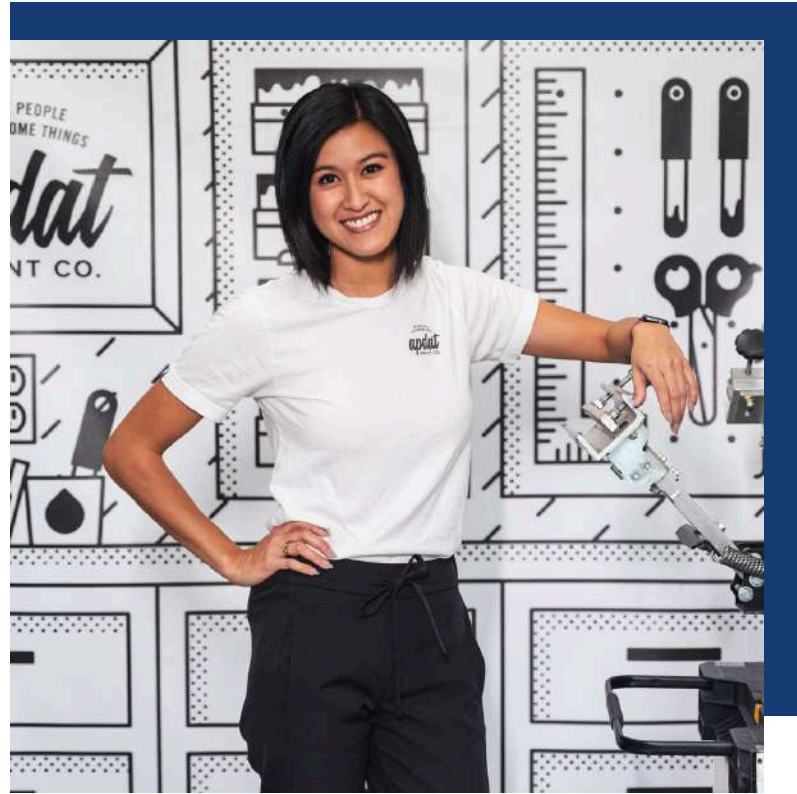
FELICIA DE LIMA

PLAY & BEYOND FUNCTIONAL THERAPY LLC

Felicia De Lima is the Founder of Play & Beyond Functional Therapy, a holistic pediatric physical therapy and wellness company. Her mission is to empower families and the community to achieve their highest quality of life.

Play & Beyond was founded in 2020 and incorporated in 2023 when Felicia decided to focus on integrating holistic wellness into physical therapy services for children with special needs and chronic health issues. As founder and President of Play & Beyond, Felicia oversees human resources management, financial management, networking and outreach, community engagement, professional continuing education, as well as business development and management education.

Felicia believes that the strength of her community begins with the health and well-being of its members. Knowing that her business functions as a conduit for advancements in health, motivates her to continue to grow and expand. To date, Felicia has been featured on FM Radio's 102.5 The Lift show.



GABRIELLE NGUYEN

C O N N E C T

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GABRIELLE NGUYEN

APDAT PRINT CO., LLC

Gabrielle Nguyen is the Owner of APDAT Print Co., a screen printing shop and event screen printing company. Her mission to provide brands a fun and interactive way to get in front of their audience.

APDAT Print Co. was founded in 2014 when a local band needed merch for their show. Word-of-mouth spread like wildfire and they quickly became the go-to shop for promotional merch. After figuring out how to take their print shop on the road, APDAT Print Co. started screen printing onsite at conferences and trade shows. As the Owner of APDAT Print Co., Gabrielle is the first point of contact for quotes, setting up event logistics, and everything in-between including payroll and day-to-day business operations. She relies on her production team to make the merch magic happen.

With a background in brand identity, Gabrielle believes that creating a unique brand experience can leave a memorable impression on their audience. To date, APDAT Print Co. has been featured in Voyage Houston and recognized by wholesale shirt vendors as a specialist in live event screen printing.



HARRIETT PRITCHETT

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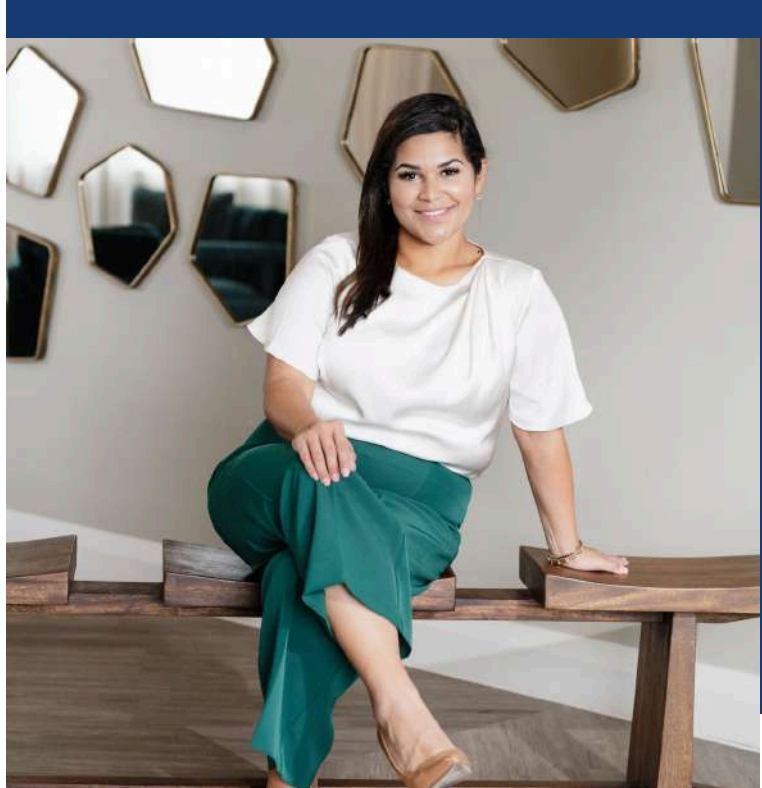
HARRIETT PRITCHETT

PRITCHETT MEDIA, INC.

Harriett Pritchett is the founder and managing director of Pritchett Media, Inc. The company strives to be recognized as a strategic thought leader and business partner for leaders who are undergoing high-stakes change and transformation in their organizations. Harriett works directly with her clients to develop and deliver strategies and experiences that produce people-focused leaders and teams. Pritchett Media, Inc. was founded in 2010 when Harriett first aspired to leverage her consulting skills to help more companies embrace learning and change as part of their organizational culture.

As founder and managing director of Pritchett Media Inc., Harriett leads consulting engagements and develops and facilitates learning programs that help leaders build the skills needed to lead high-stakes changes happening in their organization.

Harriett believes that leaders who understand and are capable of using the right people strategies are positioned to achieve more consistent business success.



JESSENIA VELAZQUEZ

ZENTAVOS INC

Jessenia's business foundation is in administration and development of medical offices. Because of her business background in the medical field, Jessenia realized there was a large hole in the Hispanic business market. Owners lacked resources and knowledge to file paperwork, raise capital and grow their businesses. With her experience and knowledge, she seized the opportunity and launched a successful multi-service business focusing on insurance, tax and administrative solutions for the Hispanic business community.

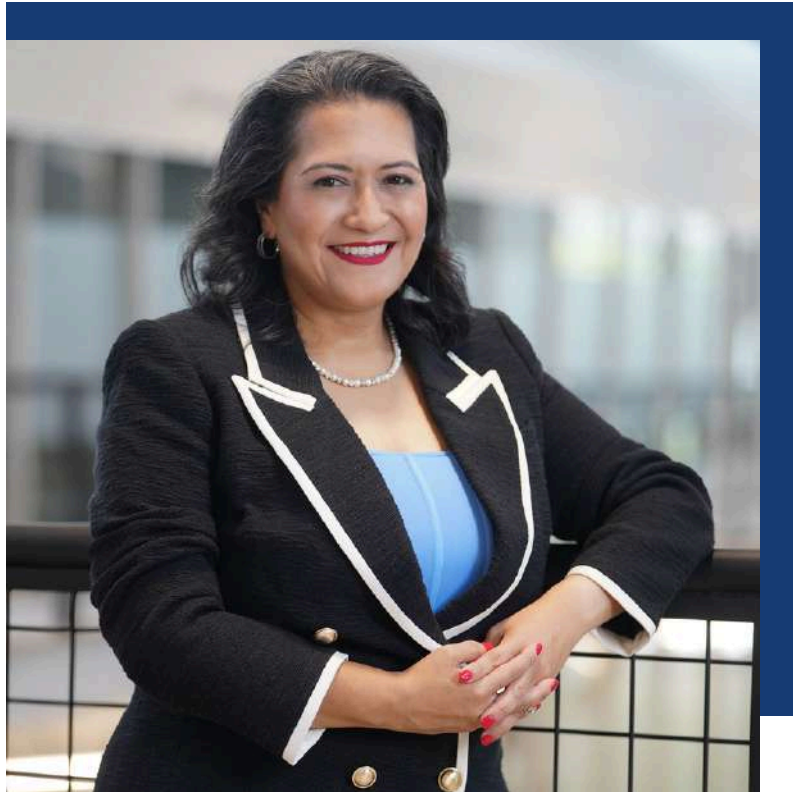
The natural progression of Velazquez's business career is Zentavos™.

JESSENIA VELAZQUEZ

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KARLA VIESCA

PROROofs AND RESTORATION, LLC

Karla M. Viesca is the Co-owner and COO of ProrooFs and Restoration, LLC, a company committed to delivering high-quality roofing and restoration services for both residential and commercial clients. Founded in 2017 by her husband, Henry, after witnessing how many customers were let down by unreliable contractors, ProrooFs is built on the principles of integrity, quality, and community care.

In her role as COO, Karla manages daily operations, oversees client relations, and leads team development, ensuring every project meets the company's high standards. She's passionate about creating an environment that feels like family, where honesty and hard work are prioritized, and where long-term relationships with customers are built.

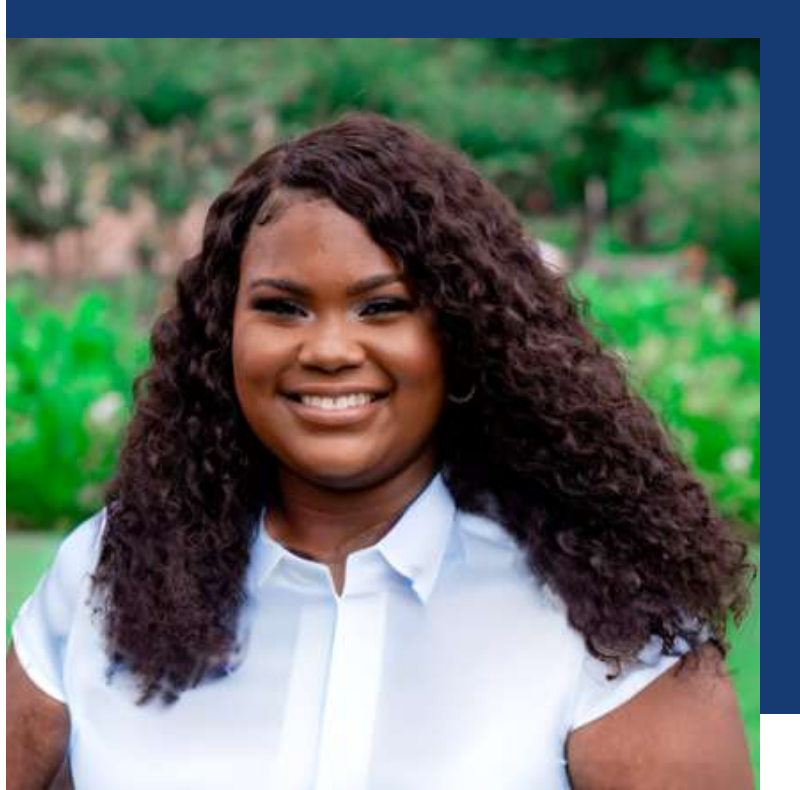
Karla is dedicated to helping others grow, both personally and professionally, and empowers her team to reach their potential. She has been a panelist for Centerpoint's Hispanic Heritage Month celebration, mentors through Katy ISD's KEYS program, and is a graduate of the Goldman Sachs 10,000 Small Businesses program.

KARLA VIESCA

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KEEYA LEWIS

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KEEYA LEWIS

PARLEW WOUND CARE SPECISLIST

Dr. Keeya Lewis, a nurse and college professor, is the founder and executive director of Parlew Health Institute LLC, a Senior Care Management Company focused on delivering long-term care services like home health, wound care, residential care, and homecare. Her mission is simple: to provide compassionate, high-quality care that puts the well-being and dignity of elderly and disabled individuals first. She's passionate about creating a safe environment for seniors and eliminating the stigma around long-term care facilities, often linked to neglect and poor care.

She founded Parlew Health Institute LLC in 2021 after seeing the gap in access to highly trained professionals for seniors, especially as the Baby Boomer generation retires and the nursing shortage grows. As executive director, Dr. Lewis leads operations and strategy driven to transform senior care for good.

Dr. Lewis believes every senior deserves to age with respect, safety, and trust. Her work has been published in Nursing for Women's Health and presented at the HBCU Faculty Development Network Conference (2018) and the National League of Nursing Education Summit (2023).



KHALIAH GUILLORY

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KHALIAH GUILLORY

NAP BAR INC

Khaliah O. Guillory is the CEO and Founder of Nap Bar, a white-glove, eco-friendly rest sanctuary offering sleep suites infused with virtual reality experiences to help tired individuals rest and recharge. Her mission is to transform sustainable rest into sustainable productivity for health-conscious professionals and socially responsible corporations.

Nap Bar was founded in 2019 when Khaliah, frustrated with taking naps in her car and unused conference rooms during lunch breaks, decided to create a better solution. As founder and CEO, she manages operations, marketing, partnerships, and customer experience.

Khaliah is passionate about promoting sleep as a necessity, not a luxury, and spreading sleep awareness worldwide. She has been featured in Forbes and Essence and is the recipient of prestigious awards such as President Biden's Lifetime Achievement Award, with October 29 being proclaimed as Khaliah O. Guillory Day in Houston, Texas, by former Mayor Sylvester Turner.



SHUNDRA CANNON

EMC EDUCATION GROUP, LLC

Shundra Cannon, M.Ed., is the Co-Founder/Co-Owner of EMC Education Group, LLC, a firm providing professional development, coaching, and strategic support across education and corporate sectors.

Her mission is to help organizations achieve success through data-driven strategies, personalized coaching, and leadership development. EMC Education Group was founded in 2014 when Shundra saw an opportunity to bring her expertise in education and leadership into diverse industries, from schools to corporate environments.

As Co-Founder, she oversees curriculum design, instructional programs, and leadership training, ensuring customized solutions that drive organizational growth and employee effectiveness. Shundra believes that empowering individuals at all leadership levels, regardless of industry, leads to stronger teams, improved performance, and long-term success. She is recognized as a Certified Leadership Performance Coach and Certified Fuel Ed Trainer in Social and Emotional Learning, bringing cross-industry expertise to her leadership and consulting roles.

SHUNDRA CANNON

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SIMONE STEELE

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SIMONE STEELE

QUEEN AESTHETICS

Simone Steele, a Board-Certified Physician Assistant and the visionary owner of Queen Aesthetics, is a dynamic force in the beauty and wellness industry. Recognized as one of the Top 50 Black Professionals and Entrepreneurs, she has built a thriving practice rooted in inclusivity, specializing in minimally invasive treatments for aging skin and personalized skincare solutions for all skin types.

As a national trainer for injectables, Simone has earned a reputation for her expertise in advanced techniques, educating and empowering others to master the art of aesthetics. She created an inclusive mineral tinted sunscreen, Simple Shady, catering to all skin tones! Her passion for diversity, equity, and inclusion (DEI) extends beyond her practice, as she is a sought-after speaker and advocate, leading conversations that challenge industry norms and promote greater representation in aesthetic medicine.

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