



LIVE WELL, BE FIT, AND ENHANCE YOUR
BEAUTIFUL MINDSET™



ABOUT US

Beauty from Within Coaching & Consulting LLC is a coaching and consulting firm founded by Cynthia Appiah. The company specializes in helping women entrepreneurs, pageant beauties, and business owners to cultivate inner beauty, confidence, and resilience so that they can succeed in both their professional and personal lives. The coaching and consulting services offered by Beauty from Within include one-on-one coaching and consulting, group coaching, beauty guidance, and a mentorship program. The company also provides consulting services to businesses seeking to promote workplace training, wellness and leadership and empowerment. Beauty from Within aims to empower women to embrace their inner beauty and to use it as a foundation for achieving success and happiness in all areas of their lives.

CORE COMPETENCIES

- **Communication**
- **Strategy**
- **Problem-solvers**
- **Human Connection**
- **Leadership**

Our goal is to cultivate and enhance your growth mindset with services that are designed to train and empower you to greatness!

OUR SERVICES

- Personal pageant consulting
- Create your unique Brilliance our Social Media marketing and branding program
- Get the Crown Power our public speaking and interview strategy program
- Health care & life insurance advising
- Beauty From Within empowered – our leadership and entrepreneurship track mentorship program
 - Monday Empowerment class group age 7-10 years old
 - Wednesday Empowerment class group age 11-14 years old
 - Friday empowerment class group age 15-18 years old
- Model With Confidence – this program will get you an all access pass to our modeling agency Beauty From Within Model & Talent Management Agency
 - We train you on how to be a model
 - Brand you and promote you
 - Take your headshot and help you with your online presence and model portfolio

PAST PERFORMANCE

- Coaching and training Miss South Africa 2020 contestants
- Red Carpet coaching for the Miss Universe 2019 contestants
- Design and implementation of fashion and photoshoot design for 2019 Miss Universe contestants
- Design of communication strategy for 2019 Miss World contestants
- Moderating panel discussions at the Miss Nigeria beauty pageant

WHY CHOOSE US?

As an individual who has been in the federal contractor role for many years, I realized that training was a skill that was heavily neglected. When companies hire, they often do not have an effective training program implemented, which can be detrimental to their workforce. I've seen it many times when people get frustrated, because training was not sufficient, and they end up leaving the job, which can be more expensive, then if they had implemented a great training program. This is why my business is focused on training and development. What sets me apart is the fact that my background is in social work. I know firsthand that the human connection and understanding how each person learns goes a long way. The reason why I am a great trainer, and produce amazing winners in all the areas I am an expert in, is because I value the gifts of each person.

NAICS CODE

- **611430:** Professional and Management Development Training
- **813910:** Business Associations

COMPANY SNAPSHOT

Business Name: Beauty From Within Coaching & Consulting, LLC

Business Address: 8350 N Central Expy #1900 Dallas, TX 75206

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