

SMART IS SO SEXY

- [HOME](#)
[ABOUT US](#)
[NEW](#)
[WOMENS](#)
[MENS](#)
[SALE](#)
[CATALOG](#)
[BLOG](#)
[COLLEGE SHIRTS](#)
[CONTACT US](#)
[FITNESS LIFE](#)
[SUNWEAR](#)
- [HOW TO DONATE](#)

Mya Speller Cullins

Locksley Gayle Posted on January 16 2019



Meet [Mya Speller Cullins](#) - "Power house speaker, business owner and motivator currently residing in Atlanta, GA has, for the past decade, inspired many of our youth and adults to re-think and renew ideologies as it pertains to the pursuit of success. Through intensive mentoring workshops & programs, empowerment seminars, behavioral therapy counseling services, speaking engagements and bestselling books [Mya Speller Cullins](#) has shown that the road to success is not one to be taken haphazardly, but a journey that if well planned and purposefully executed will surely lead to long-term success. Now, [Mya Speller Cullins](#), is what business leaders call "the fixer". She has been retained by fledgling enterprises as well as businesses and organizations in distress, providing them with her years of experience and know how, a fully customized and holistic business strategy and her commitment to see each project through from the beginning / growth stages to a successful end. [Mya Speller Cullins](#) is the catalytic agent businesses and organizations engage to increase PPM (Productivity, Profit, Market Share), identify and terminate practices that lead to the waste of valuable resources, and aptly map Success Pathways specific to business needs...



" via [www.myaspellercullins.com](#) (SISS) [What was one of the hardest things that you had to go through? What advice would you give someone going through the same struggle?](#) (Mya Speller Cullins) The hardest struggle that I had to face was dealing with my oldest sister fighting cancer. This was one of the worse moments of my life. My advice to others is to never take life for granted. Enjoy your family and love ones and spend as much time as possible with the ones you love. More importantly don't give up no matter how it may look because it's always a greater reward on the other side! (SISS) [Momprenneur, CEO, Changing Behavioral Support Phases Inc. Three Time Published Author, etc., #SISS Tell us more, who is @MyaSpellerCullins and what are you most proud of?](#) (Mya Speller Cullins) I'm proud of knowing my abilities, skills, and talent while on this side of the earth! It's an amazing feeling to operate in divine purpose. I have the pleasure of being unstoppable, ambitions, determined, self-motivated and the list goes on... So, if I had to state one thing I'm proud of outside of my family is knowing my self-worth and being a New Mya each and every day! (SISS) [One year from now what do you hope to have accomplished \(business or personal\)?](#) (Mya Speller Cullins) Personally, more clarity and direction in my personal life. This will be an ongoing revolving door due to me constantly growing to be a better Mya. Business - Increase the number of locations with my Mental Health & Substance Abuse Practice to provide more services to

individuals in varies communities. Expand my personal brand to on a global platform. Having the opportunity to push varies concepts for varies network approvals and develop varies conferences and workshops to bring the next generation of people with me!! (SISS) [What makes you the happiest?](#) What is fun for you? Spending time with God and my family. My spiritual life brings balance, and a sense of meaning/appreciation. Secondly my family keeps me grounded and thankful for life in general. (SISS) [What were your best/worst subjects in school?](#) (Mya Speller Cullins) Best Subject- History Worst -Math (SISS) [How do you deal with disappointment? How do you Keep Going?](#) (Mya Speller Cullins) I learn by understanding the lesson that is to be learned from disappointments and making logical and more mindful decisions to ensure it does not happen again and if it does I would already know how to address the situation with a clear cut solution to keep it moving forward. (SISS) [What is your superpower?](#) (Mya Speller Cullins) My ambition. It makes me feel fearless, Undeniable, and One of a kind! (SISS) [What is your weakness and what do you do to overcome it?](#) (Mya Speller Cullins) Wanting more for people then they actually want for themselves. I overcome it by consistent reminders that I'm not God and that's not my battle to fight. (SISS) [Can you tell us four things people might not know about you?](#) (Mya Speller Cullins) Intelligent, Beautiful internally and externally, dependable, and a women that has many gifts and talents. (SISS) [Can you tell us where else can our readers follow your daily inspiration?](#) (Mya Speller Cullins) FB: [Mya Cullins / Mya Speller Cullins](#) IG: [myaspellercullins](#) Twitter: [mrsmyspellercullins](#) Website: [myaspellercullins.com](#) and [changingphasesinc.com](#) (SISS) [What's your favorite quote?](#) (Mya Speller Cullins) "The big secret in life is that there is no big secret. Whatever your goal, you can get there if you're willing to work." - [Oprah Winfrey](#) - (SISS) [At Smart is so sexy we love to see women who are thriving in their career or business. What are you most passionate about?](#) (Mya Speller Cullins) I'm more passionate about helping people by providing quality and professional services at my practice that struggle with substance abuse and or mental health. I enjoy working with the teen mothers! I can relate because I was a teen mother myself. Lastly being creative with my craft so it can speak to the heart of my audience. (SISS) [Who was the most influential person in your life and why?](#) (Mya Speller Cullins) My sisters simply because they are my strength and no matter what life may brings they are always going to be there. They are always dependable and encourage me to be the best Mya I can be... (SISS) [Where were you five years ago? What advice would you tell your five years younger self?](#) (Mya Speller Cullins) Five years ago I was transition from NC to relocate to GA. The advice I would tell myself is to keep going girl. You are a ball of fire and because of your obedience you will soar like an eagle. (SISS) [Can you take us through a typical day? From Waking up to going to bed, Can you give us a play by play of a typical day for you?](#) (Mya Speller Cullins) Morning- Prayer/Meditation (Before Starting By Day) Commanding My Day > Prepare For The Day- Outlining Task That Needs To Be complete before the end of business and reviewing over my schedule of events. > Arrival At My Office - Some of the duties > Staff meeting > Reviewing Charts For Compliance > Overseeing the Varies Programs (reviewing reports) > Check Emails > Return Calls > Enforcing that the Strategic Plan Implemented is being Enforced (monitoring tools and being reviewed and discussion is being held) accountability meetings and or conference call > Pull, Review & Submit Payroll > Juggle Appointments For [Mya Speller Cullins Brand](#) (interviews, conference calls, and meeting with my team PR, Consultant, Social Media Brander) then Changing Phases Behavioral Support Staff. Meeting with Grant Writer for my overall practices. > Reference my task list for today to ensure everything was complete in it's entirety and began outlining items that would need to be completed for the next business day. (SISS) [What is your favorite book and/or the latest one you've read?](#) (Mya Speller Cullins) The coldest winter ever by [Sister Souljah](#), [Act like A Success](#) by [Steve Harvey](#) (SISS) [What would be a good theme song for your life?](#) (Mya Speller Cullins) I'm a Survivor by [Destiny Child](#) and I believe being sung by [Fantasia Barrino](#) (SISS) [When do you feel the sexiest?](#) (Mya Speller Cullins) When I have my hair in a different sex, cool hairstyle and my face on "fleek" lol (SISS) [Is there someone on social media that inspires you and is a great follow?](#) (Mya Speller Cullins) [Shanel Cooper Sykes](#) (SISS) [What does Smart is so Sexy mean to you?](#) (Mya Speller Cullins) Someone that is unique, ambitious in



their own way AND carries it unapologetically! (SISS) [Thank you so much Mya](#)



More Posts

[← Previous Post](#)
[Next Post →](#)

1 comment

shameca Turner: January 17, 2019



This is an amazing and inspiring article! I love to see the grace of empowering women making power moves in society. Bless you Mya Cullins.

Leave a comment

Your Name

Your Email

Your Message

Post comment

EXPLORE

- Search
- About Us
- Terms of Service
- Privacy Policy
- Refund Policy
- Contact Us
- Shipping

RECEIVE \$7 OFF JOIN OUR MAILING LIST

Enter Email Address

Join

