



**Angela Hayes**

## **“Getting Her Hair Wet” and Changing Lives**

Have you ever met a woman who seems more like a friend right when you meet her? She’s relatable. She’s open. She’s vulnerable when it comes to sharing both the good and bad that make her...her?

This is what it’s like to encounter life coach and author Angela Hayes.

Yes, she’s a top-notch professional. Yes, she is quickly earning the reputation for being quite the life coach. And yes, it’s an admirable feat to be an author of a self-published book (she recently released her second edition of ***Black Woman, Just Get Your Hair Wet!***—more on that in a sec). But what makes Angela so remarkable is the fact that, as it is the case for all of us, there is “the woman” who makes things happen. And then, there is the woman who has daily struggles, tons of self-reflecting questions and sometimes, even insecurities.

“Honestly, that’s a big part of what my book was birthed out of,” shares Angela. “For many years, I battled with depression, low self-worth and definitely relationship woes. I know what it’s like to go to work every day and be able to solve other people’s problems, only to come home and not have a clue what to do about your own.”

As a single mom of a beautiful daughter on the brink of her teen years and the survivor of divorce (because anyone who’s gone through one knows that’s a very appropriate way to describe coming out on the other side), as with many Black women, Angela’s life consists of discovering ways to find balance. That’s a part of why her passion is life coaching.

“I believe that all women have a feeling, deep within them, that they are destined for greatness,” shares Angela. “Sometimes, we remain ‘stuck’, not due to lack of desire, but we need the proper tools. That’s what I provide. I try to be an accountability partner as well as a sounding board and safe place. See, I also used to be a chronic procrastinator. Getting free from that is what drives me to help other women to do the same.”

This is a huge part of the motive and inspiration behind Angela’s book—one that comes with a title that she understands may need a little explaining.

“I don’t know one Black woman who hasn’t had a journey with her hair, one way or another,” laughs Angela. “My daughter used to want me to jump into the swimming pool to join in the fun with her and I would refuse because I was afraid of the water messing my hair up. That’s a metaphor for how a lot of us live our lives. The world is one big ‘pool’ and we hesitate to ‘jump in’ because of what it might do to us. It’s time out for that now.”

That may explain why (currently) two of Angela's favorite chapters in her book are "Developing Faith Through God's Eternal Grace" and "The Brand of You".

"There is such a profound relationship between the metaphor of 'Getting Your Hair Wet' and having faith," says Angela. "In the end, it all comes down to our faith in God to see us through those things that burden and limit us from reaching our divine potential."

As far as branding goes, "Professionally, I have done a lot to establish myself as a unique brand, one that you will always remember and you were better for knowing. Each woman should be able to say this about themselves. Branding brings clarity. The clearer you are, the better you can be at setting goals and reaching them."

As you can see, Angela is pretty awesome. If for no other reason than her genuine desire to want to see every Black woman live their best life.

Set up a coaching session.

Buy a copy of her book.

Simply shoot Angela an email or comment on her social media pages.

It will be time well spent as she finds creative ways for you to GET YOUR HAIR WET!

**For more information on Angela's coaching sessions, her book or upcoming speaking engagements visit [AngelaTHayes.com](http://AngelaTHayes.com).**