



Amanda is an Author, Certified Life Coach and Mental Health Professional. Amanda holds an Associate Degree in Business and a Bachelor's Degree in Health Care Administration from the University of Phoenix. She is also a graduate of the Southern University A & M College with a Masters in Counseling and currently a Psychology Doctoral student at NorthCentral University. Amanda has been in the mental health profession and education system for the last 10 years and currently at the end of her Licensure journey. Amanda is the owner of Jo-Moon Wellness Firm where she provides Life, Career, and Body Coaching along with other services for you mind, body, and soul. Amanda is a member of the Alpha Kappa Alpha Sorority, Inc., Louisiana Counseling Association, and American Business Women's Association. She is a mother of four beautiful children and In her free time she is a community volunteer, mommypreneur, traveler, writer, and shopper.