

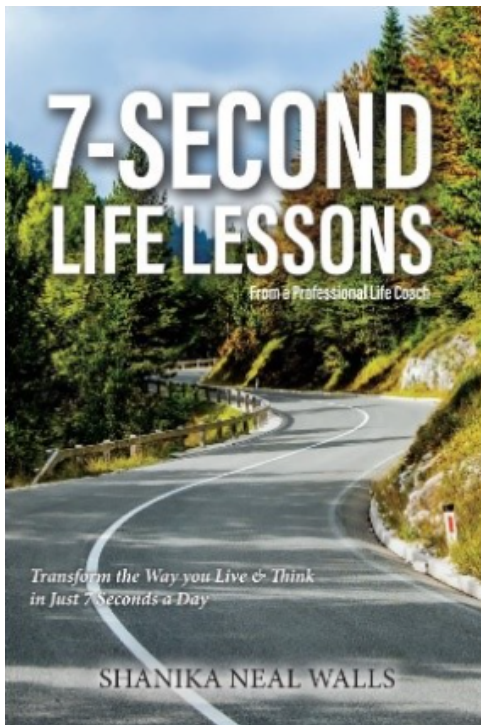
# Shanika Walls

Shanika Walls is an accomplished coach, educator, author, and certified human resources professional with over 30 years of experience.

She is a Certified Professional Coach and holds the credential of Associate Certified Coach from the International Coaching Federation. She was an Instructor of Sociology at the University of Memphis.

She received the Tri-State Defender's Women of Excellence award and was a finalist in the Channel 3 News Remarkable Women program, a national Nexstar initiative highlighting women who make a difference in their community.

She is the founder of Nova Life Coach Academy LLC, the first and only Black-owned ICF-accredited coaching certification academy in Memphis which also offers corporate coaching services to business leaders and organizations.



**Seven Second Life Lessons** gives you daily doses of motivation, inspiration, and revelation from a Certified Professional Life Coach.

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