

CELEBRATING MY CULTURE IS BEAUTIFUL 365

with Christy Lynch

Christy Lynch (born in Lagos, Nigeria), she's a wife, mother and business woman. Her company Style by Christiana, LLC involves: Image Consulting, Professional Matchmaking, Custom jewelry design, Event planning and Reality TV production.

She is also the founder and organizer of the Afrocentric Orlando Event: A cultural event that highlights African arts and entertainment in celebration of Black History Month. Her inspiration steams from the passion of not only sharing the richness of her Nigerian culture and heritage, but to bring some class and pizzazz into the African culture, in order to eliminate the misconceptions and stereotype that surrounds Africa. The event is also a fundraiser in which donations benefit black organizations in the local community. As a woman of culture, Christy's starting point to empowerment is to Affirm that you can do whatever you want. Never give up on your dreams. "One of the many goals I set for myself is the notion that as long as I can dream it, it shall be done! You must also own your good qualities with pride, it will reflect in your attitude. Friends in my inner circle always hear me say that: I love me!"

When you need a confidence boost, Recite your positive qualities in front of a mirror. Support YOU as you do others. When nervous, repeat, "You can do it." Tell yourself how terrific you are. Learn to take full responsibility for your thoughts and actions. It's YOUR choice to adopt criticism or even allow criticism from others to rule your thoughts and your behavior. Remember Those famous words – "Nobody can make you feel inferior without your permission." You CAN choose to brush off criticism and feel good about yourself or let it define you. Someone may call you ignorant but you're not ignorant, unless you decide to agree. So, make the choice to think well of you.

Be kind to yourself. This will not only help you focus on you but will help you believe that you deserve good. Give yourself a break when you're tired. Take a bath. Buy the lotion or coffee that costs a few dollars more than the cheap brand. Self-kindness can blossom into self-love from which self-empowerment can grow.

Create a support team. Buddy with someone who's also trying to improve by Cheering each other on. Or, create an informal group of people who meet to encourage each other. Only allow positive people into your life by letting go of negative people, because we do tend to absorb another person's negativity. That's why it's good to avoid the negative or toxic ones who bring you down and make you feel like you're not capable. Love yourself enough to not allow negative people to hurt you.

Educate yourself by Learning more. Like they say, knowledge is power. Learn skills! Adult Ed classes and books teach how to do a so many things. Learn to build your own website, create a newsletter, start a blog, etc. You'll feel more competent. Find the right person to tutor you instead of feeling inadequate about not understanding how it is done. Challenging yourself to be able to do something you couldn't makes you feel more empowered.

Music Bio

Another passion of hers is singing. Christy has been singing since the tender age of Five. She was known among her elementary school mates as the class entertainer. Her genre is a fusion of Pop, Jazz and Afro-beat. Her music inspiration includes African music legend: Fela Anikulapo Ransom-Kuti and Tina Turner. She took up singing professional as a teenager with a local band in her native-born city of Lagos in Nigeria. Christy has been traveling the globe, following in her passion for music. She has lived in such countries as: Indonesia, Kazakhstan, The Philippines, Canada and of course Nigeria and the United States of America. Christy was a performing member of “The Choral” on a talent grant, at Florida Community College at Jacksonville. In 2003, she earned a degree in Interdisciplinary Social Sciences from (FSU) Florida State University.

During her stay in Canada, she performed gigs with the Brian Strand Blues band. Christy spent 4 years in Kazakhstan, during which she won the hearts of many with her performances in Atyrau. She collaborated with the popular, local Jazz artists of the Meri Group. Her first live concert was a back-to-back performance at the Atyrau Philharmonic in September of 2004, followed by two consecutive days of live performances at the Atyrau Drama Theater in April of 2005. She also participated in the Aktobe Jazz festival of 2005, in which alongside the Meri group, they were awarded the Outstanding Performance Award. Her weekly gigs at the upscale FIESTA Restaurant in Atyrau, was very popular among locals and expatriates. She has also graced many social events and numerous multi-national company social functions with her performances. Christy has also been featured in numerous local newspaper and magazine publications as well as local television in Kazakhstan.

In Manila, Christy’s singing was popular within the expatriate community. She was a regular feature at the semi-annual Australian-New Zealand (ANZA) Jazz event in Makati City, Philippines. Christy successfully launched her first Afro-Pop CD on May 17, 2011 at The Shang Grand Tower, Manila, Philippines and the event was widely covered in the Philippines press. The debut, 12 track albums is a fusion of pop, jazz and Afro-beat. The songs include: Move Me, Soul of Gold, Search Is Over, Secret Lover, For Goodness Sake, Losing You. Precious One, Sensations, You Told Dirty Lies, My Search Is Over – Remix, Move Me – Remix and Move Me – Extended Bonus Track. Christy is an independent record and TV Producer, operating under her company name: Style By Christiana, LLC. She wrote the entire lyrics and worked with music arrangers on all songs on her debut album, “Move Me.” Songs are currently available for purchase itunes.apple.com, Amazon and a host of other online stores.

In March of 2012, Christy launched her new single, “Swagger,” which was produced and launched in her native: Lagos, Nigeria where it was received with good reviews in the press. Christy’s new reality TV show, “Christy The Matchmaker” will debut on a major network in Africa in 2018 and can be viewed by a worldwide audience. The show highlights her new joint venture with Blissfully Feminine called: The Romance Tour, which kicks off in November 2017. She’ll be flying American bachelors and bachelorettes to mother land Africa and helping them find love matches with native Africans and part of a cultural experience. Her goal and passion is to help people enhance their love lives while empowering them as well. For further info, checkout www.EliteRomanceTour.com

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