

Short Bio:

Pametria Dominise is a homegrown Memphis native and graduate of Whitehaven High school and the University of Memphis. She has always had a passion for educating and empowering others so naturally she began her social work career working with youth in foster care. She was able to obtain experience in conflict resolution, mediation, and the child welfare system and continued to expand her skills by becoming a Licensed Master Social Work.

She has also worked for over 9 years to celebrate the beauty of African American culture by producing unique events that elevate and promote positive imagery such as the Kwanzaa Pageant and the Little Miss Natural Cutie pageant. She has created a unique lane to empower black women and children through scholarships, books, business coaching, apparel and confidence building workshops.

In fact, in 2014 she created her own program " Loving My Mirror", a highly acclaimed self-esteem workshop for teen girls and she has continued to host numerous wellness workshops to normalize mental health in the African American community. In an effort to expand her message beyond her current network she began writing and self-publishing books to reach the masses. Her books have been sold globally, featured in the media, countless libraries, and landed her as the mental health contributor for Upscale Magazine.

Pametria Brown is as a 2x published author, community leader, mental health therapist, advocate, and coach! However, her primary role has always been to empower others. So she has branded herself as Pametria Dominise, The Empowerment Expert.