

Kisha Woods, CEO, [Upgraded MindsetZ, LLC](https://www.upgradedmindsetz.life)

**Certified Life/Business Coach - Author**

**Motivational Speaker - Podcaster - Entrepreneur - Mental Health**

**Advocate**

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Since 2020, *Upgraded MindsetZ* has provided transformational guidance and training, helping individuals recondition their life plans, break barriers, and align with their true purpose.

Kisha Woods, also known as [Coach Kay](#), is an award-winning certified Life & Business Coach and the visionary behind Upgraded MindsetZ, LLC. Through her powerful "4P Pillar Framework," she empowers individuals to achieve mindset transformation—the key to unlocking passion, purpose, and success in both personal and entrepreneurial endeavors.

She is the author of the Amazon bestseller [From Havoc to Healing: 30 Days of Reconditioning](#), an empowering read for those ready to reclaim their voice and break free from external judgments. Through her journey from chaos to clarity, Kisha shares the critical steps that kick-started her transformation of her mindset and life.

Kisha also hosts the [Upgraded MindsetZ YouTube channel](#), a dynamic platform filled with thought-provoking podcasts, livestreams, and transformative short-form content focused on purpose-driven growth, self-discovery, entrepreneurial insight, and holistic well-being. Her podcasts, *Empowering Real Talk* and *The Woman's Hustle: Thrills and Spills of Entrepreneurship*, are available on major streaming platforms, delivering inspiration and actionable strategies for those seeking real change.

Listen to: [The Empowering Real Talk Podcast](#).

Listen to: [The Woman's Hustle: Thrills and Spills of Entrepreneurship](#).

[www.upgradedmindsetz.life](https://www.upgradedmindsetz.life)

Kisha is the Co-Owner of [UPM Suites](#) located in West Peoria, IL. [UPM](#) offers diverse resources and products to support your personal, financial, and professional needs.

**Awards:**

- [2023, 2024 Best Mindset Coach](#) - West Peoria, IL
- 2024 Platinum Winner [Professional Coaching](#) - [Peoria Community Votes](#)
- Entrepreneur of the Year - [180 Lyfe Entrepreneur and More Awards Show](#)
- 2025 Community Service - Juneteenth Fest by YANI Collective

**Community**

**Service:**

- Big Brothers Big Sisters Central Illinois
- [Job Partnerships Peoria](#): Fresh Start Program - Workshop Facilitator
- [NAMI Tri-County Illinois](#): President
- [Court Appointed Special Advocate \(CASA\)](#)

**Notable Mentions:**

- Accredited Member: [Better Business Bureau of Central Illinois](#).
- Board Committee: [NAWBO CENTRAL ILLINOIS](#)
- 2024 Graduate - [Peoria, IL Civic Leadership Academy](#)
- Top Influential Woman Nomination 2024 - [180Lyfe Enterprise Magazine](#)
- Women's Fund Leader Nominee 2025 - [Women's Fund of Community Foundation of Central Illinois](#)

**Interviews and Mentions:**

Interview: [UPM Suites](#)

Interview: [Bold Journey Magazine](#)

[Galentine's 2nd Annual Women's Event: Keynote Speaker](#)

[Renewing Our Resilience Women's Annual Luncheon: Good Day Central Illinois](#)

[180 Lyfe Show](#)

[Traveler Weekly](#) - Peoria, IL's longest-running Black Print Newspaper

Kisha is available for podcasts, networking events, motivational speaking, panel discussions, and collaborative engagements. Whether you're looking for an impactful speaker, podcast guest, or panelist, Kisha brings expertise, energy, and transformative insight to the conversation. For speaker bookings, podcast interviews, or other opportunities, [click here to connect](#).

**Media/Podcast/Publications:**

- I Define TV - Roku TV
- 'Black Woman Who Coach' Podcast
- She's Crowned With Confidence Podcast
- Aligned and Unstoppable with Emily Aarons
- Vision and Purpose Lifestyle Magazine
- Bold Journey Magazine
- 180Lyfe Enterprise Magazine
- Outliers Edge Podcast
- Unforget Yourself Podcast

**Speaker Appearances & Facilitation:**

- *Speaker* - Black Life Coach Summit
- *Keynote Panelist* - Renewing Our Resilience Women's Luncheon
- *Keynote Speaker* - Galentine's Day Women's Luncheon
- *Speaker/Co-Host*: Hey, Sis! Women's Empowerment Luncheon
- *Facilitator* - Release and Restore Youth Girls Conference
- *Panelist* - Sunflower Mentoring Mother's Day Brunch
- *Speaker* - Women Entrepreneurs Of Central Illinois (WE-CI) Luncheon
- *Workshop Facilitator* - Sisters Rock Annual Luncheon
- *Facilitator* - You GOAL Girl Workshops
- *Facilitator* - Mindset Motivation Workshop
- *Host* - Women's Ultimate G.R.O.W.T.H. Experience 2022-2024
- *Judge* - BBB of Central Illinois Torch Awards for Ethics, 2023, 2024
- *Speaker/Panelist* - Shattering the Stigma: A Summit on Redefining the Mental Health Narrative
- *Host/Speaker* - Empower and Excel Elite Networking
- *Workshop Speaker* - Ive Decided Annual Conference

- *Panelist:* “Being the CEO of Your Health - Central Illinois NAWBO (National Association of Women Business Owners)
  - *Keynote Speaker* - Sisters Rock Wellness Fair: Living To Serve Foundation
  - *Panelist and Breakout Speaker* - Pathways To Success Women Conference ‘25
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