

THE BEYOND

Woman

AVALON GOMEZ
REBUILDING TRUST AND
REDEFINING BRAND CULTURE

KARA VAVAL
RISING FROM FIRE
LIVING WITH PURPOSE

NICOLE BEAL
CARVING A LEGACY ROOTED
IN PURPOSE, STYLE, AND
SUSTAINABILITY

YOUR BODY, YOUR RULES
RECLAIMING SENSUALITY
AFTER 40

FROM GRIEF TO GREATNESS How *Dr. Shelly-Ann Gajadhar* Transformed Loss into a Legacy

TURNING PAIN INTO PURPOSE
WITH FEMME ESSENTIALZ

**EMPOWERING HER
VOICE**

BECAUSE CLOSED MOUTHS
DON'T GET PROMOTIONS.

**+ Styling for the
Caribbean Lifestyle**



KARA WAVALL



When you think of resilience, reinvention, and unapologetic purpose, Kara Vaval rises to the top. From navigating a career in law to launching initiatives that empower women and underrepresented communities, Kara is a bold example of what's possible when passion meets strategy. As the founder of a woman-led legal and coaching enterprise, she is rewriting the rules of success on her terms.

Kara's mission is rooted in helping others rise. Through her work, she equips women with the tools to break barriers, own their brilliance, and build lives that reflect both impact and income. Whether she's speaking on stages, mentoring the next generation of women leaders, or fighting for justice, Kara shows us that purpose and power are not mutually exclusive—they're necessary partners.

We delve into the woman behind the mission: her roots, mindset, and her message for Caribbean women ready to step into their next level.

RIISING FROM FIRE LIVING WITH PURPOSE

Kara is an attorney, author, motivational speaker, and business and personal development coach with over 15 years of experience empowering women. **She is the President and Founder of Vaval Law, a personal injury law firm, and the CEO of the InPowerment Institute, LLC**, a platform offering courses, coaching, and retreats to help individuals create their best lives.

In her book, ***28,000 Days...Make Yours Count!***, Kara shares her life story, filled with tragedies and heartbreaks that have shaped her resilience and outlook. A firm believer that life doesn't happen to us, but for us, she encourages readers to view challenges as opportunities for growth and to create their best lives.

Kara also hosts **The Unfiltered with Kara Podcast and the Laptop Lifestyle Lawyer Podcast**, platforms designed to equip listeners with practical tools to live fulfilling, joyful lives. With a background in law and a passion for empowering women, Kara inspires others to rise to their full potential, no matter the obstacles.

Originally from Haiti, Kara's journey has been marked by profound loss. At 14, she lost her father, a blow that shattered her sense of self. As a daddy's girl, his death was disorienting, but she held onto the belief that *"everything happens for a reason."* Embracing strength as her coping mechanism, she became an adult overnight, stepping up to support her grieving mother and younger brother.

This drive to make something of herself and make her father proud led Kara to pursue law. Her resilience, work ethic, and discipline were forged through that painful experience.

But life had more in store.

Four years later, after moving to New York to attend college, Kara lost her grandmother in a house fire. Once again, she leaned on her "strong woman" identity, telling herself, *"everything happens for a reason,"* as she faced the reality of being alone in a foreign city without financial support.

Despite the overwhelming grief, Kara pressed on, taking 18 credits a semester and working three jobs to support herself. **Life was relentless, but so was she.**

Kara reflects on her journey with a deep sense of understanding and gratitude. While she still mourns the little girl who endured early tragedies, she recognizes that those painful experiences have shaped the resilient woman she is today. Her perseverance, positive attitude, and success are qualities that now inspire the women she works with.



Despite the emotional weight of the tragedies, Kara understood she had only two choices: to spiral into darkness or to believe that everything was happening for a reason.

Though she couldn't grasp the full meaning of it all at the time, she chose to trust that life would eventually reveal the "why" behind her pain.

This belief became her guiding story, a story of survival and strength, and it kept her moving forward.

Kara's path has been anything but linear. From law to beauty to business, her journey through Mary Kay marked a pivotal shift in her perspective on power, flexibility, and womanhood. She believes that every woman should experience Mary Kay for at least a year or two—it's like an MBA and a personal development intensive combined. Mary Kay Ash's brilliant business model continues to enrich women's lives, and it was within this world that Kara discovered her gift for inspiring women to achieve more than they ever thought possible. She found her voice and her passion for empowering others, learning to admire women's resilience, beauty, and determination. She also saw the common threads that unite women, despite their different backgrounds—struggles, pains, and aspirations that transcend personal stories.

Mary Kay's creed—God first, family second, and career third—struck a deep chord with Kara, especially as she navigated her new roles as a mother and a young lawyer. The business structure of Mary Kay allowed her to balance family and career without sacrificing one for the other. It empowered her to create the life she wanted, to be the woman who calls the shots on her time, her life, and her finances.

Today, the phrase **28,000 Days...Make Yours Count** (Title of her book) holds profound meaning for Kara. **It's a reminder that life is happening for us, not to us.** The average human lifespan is 28,000 days—about 75 years—and Kara encourages others to view each of those days as an opportunity to uncover lessons and purpose in their own story.

Faith has been at the core of Kara's journey as a female founder. Without it, she believes she wouldn't be where she is today. Her faith in God and the universal forces at play has carried her through the darkest moments, while her belief in herself and her abilities has fueled her progress. Trusting in herself, betting on her potential, and having faith in her journey—these have been the driving forces behind her success as a founder.

Kara Vaval's Must-Have Qualities for Female Founders

- ✓ **Unshakable Self-Belief:** Trust that the vision in your heart is already yours, and that the Universe—or your higher power—will support and finance you fully.
- ✓ **Deep Patience:** Be patient with yourself, the process, and the time it takes to learn and grow.
- ✓ **Lifelong Learning:** Stay a student, of the journey, of yourself, and of those who've walked the path before you.
- ✓ **Resilience & Persistence:** Your commitment will be tested; bounce back stronger and stay the course.
- ✓ **Radical Consistency:** Even when things are messy or imperfect, keep showing up. Trust the process. Never stop.



WHAT SUCCESS MEANS TO KARA

For Kara, success isn't just about achievements—it's about alignment, freedom, and authenticity.

Here's what defines success for her:

- ✓ Inner Peace: Living her soul's calling in a way that is true, purposeful, and authentic.
- ✓ Freedom of Time: Having control over her schedule so she can prioritize herself unapologetically.
- ✓ Self-Mastery: Being the best version of herself—first for herself, then for others.
- ✓ Nurturing Relationships: Surrounding herself with connections that uplift, honor, and support her growth.
- ✓ Radical Self-Love: Loving herself enough to confidently say no to anything that doesn't align with her worth.
- ✓ Authentic Living: Embracing life fully without being influenced or limited by outside noise.
- ✓ Personal Sovereignty: Walking her unique path and marching to the beat of her own drum, no permission needed.



Creating her own law firm after building a beauty business was a lesson in trusting herself. Kara learned that there's no "right way" to do anything

Her path was unconventional, yet it led to success. Who would have thought her beauty business could fund her law firm? But it did. Over 16 years later, she continues to serve clients through her personal injury law practice. This chapter taught her that the opinions of others on how she should build her life are irrelevant. People didn't understand her decision to start a beauty business as a licensed attorney, and many thought she was crazy. Little did they know, that "little" beauty business would become the catalyst for the success they now applaud.

The InPowerment Institute

Kara's creation of The InPowerment Institute reflects her deep belief that empowerment starts from within. **She explains that while "empowerment" speaks to uplifting others, "InPowerment" emphasizes the need for internal transformation.**

True empowerment is an inside job—first, you must empower yourself from within before external empowerment can truly take hold. Kara wants people to know that when they work with her, they are signing up for transformation, not just motivation or inspiration. It's about addressing limiting beliefs and healing the wounds and traumas buried deep within, so they can ascend to their highest potential in both business and life.

Kara's commitment to empowering women financially and emotionally shines through every platform she touches. When asked how she stays aligned with her calling while juggling multiple platforms, she emphasizes that her work is centered on two things: financial and emotional empowerment for women. She sees her various platforms, like ***The Laptop Lifestyle Lawyer and Unfiltered with Kara*** podcasts, as tools to deliver her message. *The Laptop Lifestyle Lawyer* podcast equips women lawyers with strategies to leverage their law degrees and create the life of their dream,

while *Unfiltered with Kara* digs into the internal work needed to break free from limiting beliefs that hinder personal growth.

Reflecting on her journey, Kara shares that her greatest joy is who she has become through the process. Despite the painful seasons, she likens herself to a phoenix rising from the ashes. The challenges she faced were necessary for her transformation, and she's now able to celebrate who she is, understanding that the road she traveled was an essential part of her journey

Kara Vaval's Message to the Caribbean Woman Starting Over or Battling Grief

Her message is one of healing, trust, and divine timing:

- ✓ You're Not Behind: There's no race. You are exactly where you're meant to be. Starting "late" is a myth.
- ✓ Grief Holds a Gift: Kara shares the words of her therapist: "The greater the wound, the greater the gift."
- ✓ Life Happens For You: Challenges aren't punishment—they're shaping you. Life is unfolding for your highest good.
- ✓ Let Go of Limiting Narratives: Your story isn't over. You have the power to rewrite it.
- ✓ Trust the Desires Within You: If you have a vision or calling, it's because it's already possible for you.
- ✓ You Are Not Alone: Healing, starting over, and rising again are all part of the becoming.

If Kara could paint her ideal Caribbean sunset with three colors, it would be blue, green, and peach, representing the blue sky, the green mountains, and the fading peach sun. These colors would convey pure joy and bliss at the miraculous beauty of the Caribbean nature.

A woman with long brown hair, wearing a black blazer and pants, is sitting on a white, tufted sofa. She is smiling and holding a white mug with a gold letter 'K' on it. Her left hand is resting on her chin. In the background, there is a large, round, gold-framed mirror reflecting a bright, abstract scene. A gold-colored vertical rod is visible on the left side of the frame.

“I will attempt EVERYTHING
because I will NOT fail.”

- Kara Vaval

Inspired by Marianne Williamson’s *Our Deepest Fear*, Kara reminds herself daily of who she is and whose she is. She no longer shrinks from her light — instead, she dares greatly, boldly trusting in her abilities even when the world gives her every reason to doubt.



Looking ahead, Kara is working on her second book, slated for release in the fall. She's also expanding her services, courses, and programs to help more women become financially and emotionally independent. Her **"From Clearance to Priceless"** retreat will be offered in various locations, including the Caribbean, creating safe spaces for women to heal, grow, and release the weight of limiting beliefs.

To all women, Kara offers this final encouragement:

"You are God's masterpiece, and the highest form of worship you can offer your Creator is to make the most of yourself. What you want for yourself, God wants for you. Believe this with every cell of your being and watch yourself tap into the infinite reservoir of resources available to you."