



## Janeica Davis, M.A.

M.A. Clinical Psychology  
Teachers College, Columbia University  
Concentration in  
Spirituality, Mind, Body  
Spirituality Mind Body Institute

### FORMATS

Keynote

Workshop

Virtual Session

Panel

Podcast Guest

### CONNECT

**S** [diariesofambitiouswomen.substack.com](https://diariesofambitiouswomen.substack.com)

**IG** [@diariesofambitiouswomen](https://www.instagram.com/diariesofambitiouswomen)

**P** [Diaries of Ambitious Women Podcast](#)

**W** [janeicadavis.com](https://janeicadavis.com)

**@** [hello@mail.janeicadavis.com](mailto:hello@mail.janeicadavis.com)



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## DIARIES OF AMBITIOUS WOMEN®

Speaker · Writer · Podcast Host · Founder

# Janeica Davis

*First of thirteen children to break the cycle.*

Janeica Davis, M.A., is the founder of Diaries of Ambitious Women® and creator of the 5M Self-Mastery Model, the roadmap to holistic wealth. The fourth of thirteen children, she was the first in her family to break the cycle, earning her M.A. in Clinical Psychology with a concentration in Spirituality, Mind, Body from Teachers College, Columbia University. She paid off \$70K in debt and has been investing since 2020. With thirteen years of leadership in healthcare and academia, she speaks to first-generation women about healing what was handed to them, becoming debt-free and thriving on their own terms, so they can live free.

### SIGNATURE FRAMEWORK

The 5M Self-Mastery Model: The Roadmap to Holistic Wealth  
Mindset · Mission · Meaningful Relationships · Meaningful Work · Money

### SPEAKING TOPICS

#### First of Thirteen: The 5M Roadmap to Holistic Wealth

The signature keynote: breaking cycles without breaking yourself.

#### The Invisible Load

What first-gen women carry, and how to set it down.

#### Healing Your Money Story

From survival mode to debt-free and building wealth.

#### Emotional Intelligence and Resilience for First-Gen Women Leaders

Leading with self-awareness while carrying more than anyone sees.

*"You killed it. I've been studying financial freedom for 25 years and I can tell you that you did one of the best teachings on it. Because of your holistic approach I am blown away."*

Dr. Linnis Joseph, Medical Doctor and Trauma-informed Holistic Health Coach  
Holistic Wealth Method Masterclass, 2026

### AS HEARD ON & FEATURED

#### The SonRise Project · Soul Wealth Radio · Holistic Mental Health for Women Solopreneurs

Featured by NewYork-Presbyterian: *Making Parenthood Possible For More Families*

#### Book Janeica to speak

[hello@mail.janeicadavis.com](mailto:hello@mail.janeicadavis.com) · [janeicadavis.com](https://janeicadavis.com)