

NAJE BADU LOVE

AUTHOR · LIFE COACH · SPEAKER · FOUNDER, JOURNEY UP!

"She doesn't just teach transformation. She has lived it — and built a path so others don't have to find their way alone."

journey-up.com

ABOUT NAJE BADU LOVE

Naje Badu Love is a life coach, author, speaker, artist, and the founder of Journey Up! — a personal development platform and movement designed to guide women through healing, identity reconstruction, cycle-breaking, and self-reclamation. With more than two decades of lived experience as a writer, coach, IT project manager, former NCAA official, and thought leader in personal development and spirituality, Naje brings a rare depth to the stage: someone who has not simply studied transformation, but has walked through it at every level of her life.

Her work is rooted in her own journey — one that began in her early twenties and deepened when she came to understand the full scope of her story, including a late-in-life autism discovery that reframed everything she thought she knew about herself. That experience became the foundation of her mission: to help women recognize the conditioned patterns, inherited cycles, and survival adaptations quietly shaping their lives — and to show them, with honesty and compassion, that a different way of living is already within reach.

She is the author of five published titles and the creator of the Finally Yours Method and The Performance Identity Cycle — proprietary frameworks used across her books, app, courses, journals, and the Journey Up! Sister Circle community. Naje speaks directly to the women who have spent years being the strong one, the fixer, the one who holds everything together while quietly losing herself in the process.

CREDENTIALS & BACKGROUND

Experience:

20+ years — writer, life coach, author, artist, IT project manager & thought leader in personal development and spirituality

Certification:

Certified Life Coach

Athletic:

Former NCAA Official

Published:

5 titles: Let Go Of You But!, Ascensions: Whispers of the Soul, The Path and The Power, Level Up!, Expanding Self

Forthcoming:

The Seed I Didn't Know I Was (Earth, Fire, Water, Air) · Radiating Gratitude

Platform:

Founder & CEO, Journey Up! — app, books, journals, courses, Sister Circle

Frameworks:

Finally Yours Method · The Performance Identity Cycle · 12 Pillars of Personal Development

Specialty:

Healing, identity reconstruction, cycle-breaking, and self-reclamation for women

SIGNATURE TOPICS

- ◆ Breaking the Cycle: How to Recognize and Interrupt the Patterns You Inherited
- ◆ The Identity You Built to Survive (And the One You Were Always Meant to Live)
- ◆ Finally Yours: Reclaiming the Relationship You Have with Yourself
- ◆ The Performance Identity Cycle: Why High-Achieving Women Still Feel Empty Inside
- ◆ Cycle Breakers: The Courage It Takes to Be the First One to Choose Differently
- ◆ Alignment Over Hustle: Building a Life and Business from the Inside Out
- ◆ Healing Is Not Linear: What Nobody Tells You About the Journey Back to Yourself

BOOKING & SPEAKING INQUIRIES

journey-up.com · info@journey-up.com · [@journeyupinspiration](https://www.instagram.com/journeyupinspiration) · LinkedIn: Naje Badu Love

Tour Markets: Atlanta · Dallas · Houston · Chicago · Los Angeles · Washington DC

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NAJE BADU LOVE

SPEAKER · AUTHOR · LIFE COACH · FOUNDER, JOURNEY UP!

AVAILABLE FOR

KEYNOTE SPEAKING

Conferences, women's summits, leadership & wellness events

PODCAST GUEST

Long-form conversations on healing, identity & transformation

WORKSHOP

Half-day and full-day immersive facilitated experiences

PANEL DISCUSSIONS

Personal development, entrepreneurship & women's empowerment

BOOK SIGNINGS

Bookstores, libraries, literary events & author appearances

CORPORATE WELLNESS

Employee experience, leadership identity & burnout recovery

VIRTUAL

Webinars, live trainings & digital summits

SPEAKING TOURS

Atlanta · Dallas · Houston · Chicago · LA · Washington DC

WHAT PEOPLE ARE SAYING

Naje doesn't just talk about healing — she helps you see the parts of yourself you've been too afraid to look at, and she makes you believe you can actually do something about them. Her work changed the way I understand myself.

— Workshop Participant

I've read a lot of personal development books. None of them named my experience the way Naje's writing does. It felt like she had lived inside my story and found the words I never could.

— Reader, Let Go Of You But!

Having Naje on our podcast was one of our most powerful conversations of the year. She speaks with a depth and honesty that our listeners felt immediately. She is the real thing.

— Podcast Host

PUBLISHED WORKS

PUBLISHED

- ◆ **Let Go Of You But!**
Personal Development
- ◆ **Ascensions: Whispers of the Soul**
Spirituality & Poetry
- ◆ **The Path and The Power**
Personal Development
- ◆ **Level Up!**
Growth & Identity
- ◆ **Expanding Self**
Self-Discovery

FORTHCOMING

- ◆ **The Seed I Didn't Know I Was: Earth**
An Alignment Devotional for Cycle Breakers · Book 1
- ◆ **The Seed I Didn't Know I Was: Fire**
An Alignment Devotional for Cycle Breakers · Book 2
- ◆ **The Seed I Didn't Know I Was: Water**
An Alignment Devotional for Cycle Breakers · Book 3
- ◆ **The Seed I Didn't Know I Was: Air**
An Alignment Devotional for Cycle Breakers · Book 4
- ◆ **Radiating Gratitude**
Gratitude Practice

THE MISSION BEHIND THE WORK

“Naje builds spaces where women can stop performing their healing and actually experience it. Every book, every journal, every session, every page of the app is designed around one question: What would it feel like to finally be free of the version of yourself you built just to survive?”

FORMATS & ENGAGEMENT TYPES

KEYNOTE

45–90 min

Conferences, summits & live events

WORKSHOP

Half or Full Day

Deep-dive immersive experiences

PODCAST

30–90 min

Identity, healing & transformation

CORPORATE

Custom

Wellness & leadership identity

VIRTUAL

Flexible

Webinars & digital summits

BOOKING & SPEAKING INQUIRIES

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