TORONTO'S SEASONAL ENTREPRENHER ONLINE MAGAZINE

HER COLLECTION

COLLECT.CONNECT.CREATE

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HERSTORY



KEDA EDWARDS PIERRE

ADVOCATE, HEALER, CHANGEMAKER



editor's note

Each season, we honour an extraordinary woman by sharing Herstory, and this Spring is no exception. To say my time with our cover story was magical is an understatement. In a world that is filled with so much chaos, it feels incredible to know that there are souls out there holding us down by keeping their frequency up.

Spring, as you know, is about new beginnings and, in many ancient cultures, represents the true start of a new year. This season's theme is **Ignite Your New Day**, with a focus on the **Bravery of Beginnings.** It is about choosing courage over hesitation, truth over performance, and action over waiting for the perfect moment.

For me, this season has come with a personal commitment: *to show up more fully in real life and in social spaces*. To share my wisdom, my sass, and yes, my hot takes on what it really means to focus on your priorities and create the life you keep dreaming about. Not someday. Not when everything is perfectly in place. Now.

That same energy is shaping what's new at HER. **Living HER Life** launched in mid-February with a beautiful group of six women who spent the afternoon enjoying cocktails, taking in modern art, and sharing some of the best dim sum Toronto has to offer. It was intentional, joyful, and deeply affirming, the kind of experience that reminds me how powerful it is when women gather with openness and curiosity.

And this is only the beginning.

Inside this issue, we're sharing our Spring lineup of events and experiences, along with a link to **SHE Outside,** a Google Doc created to highlight what other social groups and community builders are hosting this season and next. My hope is that it becomes a living resource for women who want to get outside, get connected, and say yes to new experiences.

If I'm being honest, the first three months of this year have felt more challenging than years past. There has been a heaviness to move through, and I know I am not the only one who has felt it. That is why this issue feels so timely. It is not asking us to be fearless. It is asking us to begin anyway.

As always, this issue was created with the woman in mind who is becoming. The woman who is healing, stretching, rebuilding, dreaming, and daring to believe that her next chapter can look different.

May these pages remind you that beginnings do not have to be loud to be powerful. Sometimes they look like one brave decision. One honest conversation. One new yes. *Here's to Spring. Here's to courage. Here's to beginning again.*

Janine
EDITOR IN CHIEF

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THE ENTREPREN**HER** COLLECTIVE

BRAVERY IN BEGINNING:

Keda EDWARDS PIERRE

ON HEALING, TRUTH, AND BUILDING SAFE SPACES

Some women do not simply tell a story. They embody one. Keda Edwards Pierre is one of those women.

A founder, producer, performer, and holistic coach, Keda sits at the intersection of storytelling, justice, and mental health. Her journey has moved through performance, community activism, policing, healing, and entrepreneurship, but the thread running through it all has remained the same: a deep commitment to truth, trust, and creating safe spaces.

For our Spring 2026 issue, themed **Bravery in Beginning,** Keda's story feels especially timely. It is a story of returning to self, trusting what pain revealed, and building what was missing with courage.



"The core of my life's journey is about trust, and it's about safe space."

A Life Shaped by Many Callings

When asked to describe herself, Keda does so with both clarity and openness. *"I identify as many things,"* she says. Once calling herself a "Triple P" - producer, program developer, and performer - she now holds her identity with more spaciousness. *"I've always been a multi-passionate, but for the purpose of this, I'm a founder. A founder of ecosystems and businesses. I am a producer, and I am a performer."*







That creative identity is not secondary to her work. It is central to it. As a working union actor, performance remains one of the ways she expresses herself and heals. It is part of how she makes peace with the world, and part of how she helps others do the same.

The Turning Point Was Not One Moment

Some journeys can be traced back to a single turning point. Keda's came as a series of awakenings. *"The core of my life's journey is about trust,"* she shares. *"And it's about safe space."* That truth was shaped early. Keda speaks candidly about surviving adverse childhood experiences, trauma and how those early years shaped her foundation.

Rather than allowing those experiences to define her limits, she began the long work of understanding how they shaped her purpose. Writing, storytelling, spirituality, and performance became early places of refuge. Later, her professional life would take her into systems that deepened her understanding of both harm and healing.

From Policing to Purpose

Keda joined the Toronto Police in 1993 and spent 27 years in policing, while remaining deeply connected to community activism. What she found inside those systems challenged her in profound ways. "*I was often the only Black woman in the room,"* she says. *"I was navigating a position of authority while being invisible many times."*

That tension, serving others while carrying her own healing journey, became unsustainable. *"I started to realize I had checked out*," she says. *"I was just existing. I was on autopilot."*

What followed was not a collapse, but a return. She returned to the arts. She returned to training. She returned to the deeper healing work she could no longer delay. Through acting, holistic studies, and spiritual inquiry, she began reconnecting with the parts of herself that had been buried beneath survival.

The Birth of True2Soul

True2Soul Network was born from both lived experience and a powerful realization: *too many systems are not built with all of us in mind.*

After moving through policing, education, community work, and holistic training, Keda saw the same pattern repeated. People from the global majority were too often unsupported, unseen, or re-traumatized by the very spaces meant to help them.

Then came a defining moment. While speaking with a fellow student in a holistic practitioner program, the two reflected on the irony of encountering the same "isms" inside a healing space. Her classmate asked a simple but life-changing question: "*Why don't you just do this yourself?*"

Keda's answer was immediate in its honesty: "*Why don't I?*"

From there, True 2Soul began to take shape.

Today, it stands as "the heart and soul of everything" she does. Rooted in the long-held phrase she wrote in high school yearbooks, be true to you._True2Soul Network is an ecosystem designed to build safety and support across sectors. Through media, arts, entertainment, consultation, and innovative programming, Keda is creating spaces where healing and justice can coexist.

Be True To You!

A Philosophy of Truth

At the center of Keda's work is a belief that feels both simple and revolutionary: **be true to you.**

In a world that often rewards performance over authenticity, that message lands with power. Keda's work reminds us that truth is not a luxury. It is a necessity. It is how healing begins. It is how new beginnings become possible.

She also carries a deep spiritual trust in guidance, intuition, and vision. Even when the vision for True2Soul first arrived too big to fully hold, she trusted that it would reveal itself step by step.

Follow Keda Edwards-Pierre @true2soul

Building What Was Missing

What makes Keda's story so resonant for this issue is that her bravery was not performative. It was practical. It looked like releasing what no longer fit. It looked like letting the vision evolve. It looked like moving from overhead and office space into a more aligned online model. It looked like forging community, connecting people with vetted providers, and building ecosystems instead of trying to force healing into broken structures.

Her work now supports people navigating intersectionality, identity, trauma, creativity, and justice. It is expansive and deeply grounded in one goal: **creating a safe, healing space.**



Wisdom for Women Beginning Again

Keda's story is a reminder that brave beginnings are not always loud. Sometimes they begin in a stairwell conversation. Sometimes they begin in exhaustion. Sometimes they begin the moment a woman realizes she can no longer betray herself in order to belong. For the woman standing at her own crossroads, Keda offers a message that has followed her for years: *be true to you.*

At **HERC**OLLECTED, we believe beginnings ask for courage, but they also ask for honesty. Keda Edwards Pierre's journey shows us that when a woman chooses truth, she does more than transform her own life. She creates safer ground for others to rise, heal, and begin again, too. ▪

Keda Edwards Pierre is the founder of True2Soul Network, a healing-centred platform rooted in authenticity, trust, and transformation. A producer, performer, holistic coach, and leader, she creates spaces that support deeper connection, wellness, and community care.

Minding HER Business

THE BRAVE OFFER: THERE'S A VERSION OF YOU WHO IS READY.



The Real Fear Isn't Failure, It's Exposure

This version doesn't need to wait until the website is perfect or when the offer feels bulletproof, certainly not even when you find the time. *She's ready now.*

Spring doesn't just change the weather; it changes what you're willing to believe about yourself. It's the season of first steps, fresh starts, and brave beginnings.

If 2026 is your new chapter, then this is your invitation to stop waiting for certainty and start choosing courage, because, in business, bravery isn't loud. She is quiet. It's the moment you decide: I'm going to be seen. We often think the real fear is failure, but in this reality, it isn't.

It's Exposure!

Most women entrepreneurs aren't afraid they won't succeed. They're afraid they'll succeed and have to sustain it. That's what people will watch. They're afraid to show up because someone will judge. They're afraid they'll disappoint others and themselves.

So they stay in the safest place of all: preparation.

Planning can be powerful, but it can also be a hiding place. When you keep refining, you never have to risk rejection. The more you research, the less you have to be evaluated. When you keep "getting ready," you never have to be ready.

Bravery in beginnings is the decision to step out anyway.

The Brave Offer Is an Identity Shift

A brave offer isn't just a product or a service. It's a declaration. It says:

- I trust myself enough to choose.
- I believe my work is valuable before it's validated.
- I'm willing to learn in public.

This is the part most people miss: *your first offer is less about income and more about identity.* It's the moment you stop being "someone with an idea" and become "someone who leads", "someone who follows through," and it all starts with a choice.

Time to tap into the Fire Horse Energy: Start Before You're Ready. The Fire Horse doesn't wait for permission. She moves. She's not reckless, she's resolved. She understands something that changes everything:

Confidence is a result, not a requirement.

You don't build confidence by thinking. You build confidence by doing. Every time you choose action over perfection, you train your nervous system to tolerate visibility. Every time you follow through, you become the kind of woman who keeps her word. And that is the real beginning.

Bravery Is a Practice, Not a Personality

Some people think brave women are born this way. I'm here to tell you they're not. Bravery is an everyday practice, and eventually it looks natural because it becomes part of you. I had the group of women I work with create a persona—the bravest version of themselves. Allowing them to step into that version of themselves whenever the occasion called for it.

Through this practice, you learn to feel fear and still move, be uncertain and still decide, and be imperfect and still show up.

It is so important to remember that bravery is not the absence of fear. It is the decision that your purpose matters more than your comfort. It's about choosing to move forward even when the path isn't clear. Recognizing that every stumble, every misstep, is a step toward growth. And it's about realizing that the only way to truly fail is to never start at all.

This journey isn't a solo endeavour. Surround yourself with a community that supports your bold steps, that celebrates your victories and helps you up when you fall. Seek out mentors who have walked this road before you and learn from their experiences. Share your own story, because your bravery can inspire others to find their own.

Remember, too, that bravery doesn't always mean grand gestures. Sometimes, it's the quiet resolve to keep going, the gentle whisper of self-assurance that tells you to take the next small step. Each day is a new opportunity to practice bravery in whatever form it takes for you.

So, let your brave offer be the catalyst for your transformation. Let it be the spark that ignites a fire within you, driving you to explore new possibilities and embrace the unknown. Because once you start, you'll discover that the person you become in the process is the greatest reward of all.

The Cost of Waiting

Oftentimes, women feel like waiting is the responsible approach, but waiting has a cost. It costs you momentum, feedback, and the version of you who would have been built by taking the first step. Most importantly, it costs the woman who is searching for what you know how to provide.

I think the thing that we forget is that your people don't need you to be perfect. They need you to show up and be present. If you're standing at the edge of your next chapter, ask yourself this:

What would I create if I trusted myself for 30 days?

This season isn't about doing more. It's about choosing one direction, one message, and one brave offer. Then letting that choice shape who you become.

CTA: *Build Your Brave Offer With the* ***Minding HER Business Box***

If you're ready to stop circling the idea and start building the business, the **Minding HER Business Box** was created for this exact moment.

It's a guided, step-by-step system to help you move from insight to action, so you can choose your next move, build with intention, and launch with courage.
Your brave beginning starts with one decision.

Start your next chapter today.



Lifestyle with l.a.b.b



JEWELLERY IS NEVER THE TREND. IT'S ALWAYS THE POINT. PERIOD.

Every season resets the conversation, new silhouettes, fresh palettes, rewritten rules. Yet the pieces that stay with us the longest aren't bagged or archived.

They live on the body. Around the neck. The wrist. Between fingers. Around the waistline. Jewellery doesn't chase the moment; it anchors it. For Spring/Summer 2026, the mood is one of presence. Sculptural silver. Chunky yellow gold. Rings stacked without symmetry. Chains layered without formula.

Earrings, at this moment, command attention. The bigger the earring, the closer to Jesus. And I'm loving it.

Oversized collars sit like armour. Shells return as pendants, suspended on cord.

Pearls feel different. Now, more modern, less uniform, more lived in.

Hair jewellery shifts everyday styling into something considered.

Waist-tracing pant jewellery. Rule-breaking brooch placement.

Charm bracelets nod to nostalgia but remain deeply personal.

Emerald and peridot ground the palette in vital greens.

Sapphire and apatite move from ink-coloured blues to electric intensity.

Ruby and garnet deliver deep, unapologetic reds.

Morganite and kunzite soften the palette; peach and pink, airy but present.

Moonstone and opal sit in their own light; iridescent, fluid, almost cloud-like.

Beaded jewellery continues to tell this story best. Not flat colour, but variation. Depth. Movement. Pieces that feel alive on the body.

IT'S WITHIN THIS LANDSCAPE THAT GABO + ANICET SITS. CONFIDENTLY ALIGNED.

The Pois Doux Sautoir Lariat, hand-formed with each pearl and moonstone individually linked, leans into luminosity and flow. Designed to move, wrap, release, and reimagine itself.

Danse Difé moves through heat and contrast, pairing kunzite and garnet with 14k gold-filled elements to balance softness and intensity.

Aure-Mer strips it back entirely: seashells on adjustable cord, worn with ease, tied to the body, not fixed to it.

Elsewhere, Tropical Candy explores gradient colour; stones shifting in tone and scale, while the TC Remix (May 2026 Release) reframes the design in monochromatic, graduating sizing.

Mother-of-pearl and freshwater layering pieces sit closer to the skin, quieter in presence, but no less intentional.

Even in its simplest form, the point holds: jewellery should feel handled, not manufactured. Worn, not staged.

At its best, jewellery should feel like it already belongs to you, not because of trend cycles, but because it exists beyond them.

You don't replace it.
You add to it.
You layer it.
You return to it.

And over time, it becomes less about what you're wearing and more about what you carry.

COLOUR LEADS. AS SEEN ACROSS SS26 RUNWAY AND JEWELLERY TREND REPORTS. THE SEASON MARKS A RETURN TO SATURATED. PERSONALITY-DRIVEN GEMSTONES CHOSEN FOR CHARACTER.



Lisa-Ann Bannis
Founder + Creative Director
gabo + anicet
follow: @gaboandanicet

"I design from cultural memory: stories, materials, objects, symbols, and movement. My work lives in what is repeated, preserved, and carried forward. These pieces move with you, not for the moment, but for the long run".

RENEW YOUR BODY AND MIND: WHY SPRING IS THE PERFECT TIME FOR PILATES WITH LOVE

Spring is the season of renewal, a time to shake off winter's heaviness and embrace fresh energy. Just as nature blossoms, this is the perfect time to focus on your own transformation. With **Pilates with Love,** you can refresh your practice, reconnect with your body, and move mindfully in harmony with the season.

Whether you're a beginner or a seasoned Pilates lover, spring offers the perfect opportunity to reset your routine, embrace movement, and invite more energy into your life.

AWAKEN YOUR BODY WITH GENTLE, ENERGIZING MOVEMENT

After months of colder weather, your body may feel tight or sluggish. Pilates flows from Pilates with Love gently wakes up your muscles and joints, helping you transition from winter stillness to spring vitality. Movements like Cat-Cow stretches, rolling like a ball, and standing side stretches encourage fluid motion, build strength, and improve flexibility, all without overwhelming your system.

Spring tip: Start your day with a short 5–10 minute morning flow to energize your body and set a positive tone.

SPRING CLEANING: FOR YOUR BODY AND MIND

Just as we declutter our homes, Pilates offers a way to "clean house" physically and mentally. Mindful movement and breathwork improve posture, release tension, and clear mental fog. Each session becomes a moving meditation, helping you let go of stress and create space for new energy and intentions.

Try it: Incorporate deep breathing into your movements, like inhaling with arms overhead and exhaling into gentle twists or side stretches.

BUILD A STRONG FOUNDATION FOR THE MONTHS AHEAD

Spring marks the beginning of more outdoor activities, from hiking to gardening to biking. Pilates strengthens your core, improves stability, and enhances balance, giving you a resilient foundation for any activity. Practicing now helps prevent injury and ensures you feel ready to enjoy the season fully.

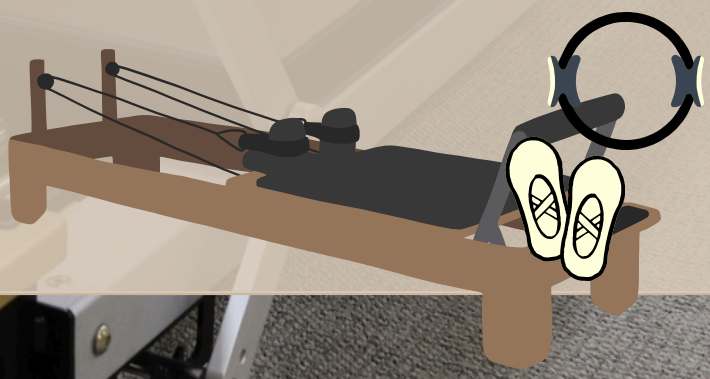
Workout idea: A full-body energizer, marching in place with high knees, squats with arm lifts, Pilates leg kicks, and standing side crunches, builds strength, boosts circulation, and awakens your body for springtime fun.

TAKE PILATES OUTSIDE AND CONNECT WITH NATURE

One of the most rejuvenating ways to embrace spring is to take your Pilates practice outdoors. Whether you choose to practice under the warm sun, by a sparkling lake, in a lush park, or even in your backyard, outdoor Pilates offers unique benefits:

- Sunlight: Boosts mood and vitamin D.
- Fresh air: Energizes your muscles and brain.
- Connection with nature: Turns your session into a meditative experience.
- Space to move: Allows for larger stretches, deeper breathing, and playful movement.

Practicing outdoors with Pilates with Love not only awakens your body but also uplifts your mind—making every session feel like a mini-retreat.



SPRING PILATES WORKOUTS TO TRY

Here are some spring-inspired sequences to shake off winter and embrace the season:

1. **Morning Flow Wake-Up:** Cat-Cow, rolling like a ball, standing side stretches, and gentle leg swings.
2. **Sunshine Core Circuit:** Hundred, double leg stretch, side-lying leg lifts, plank with shoulder taps, and gentle back extensions.
3. **Flow & Stretch Outdoors:** Standing roll-downs, side bends reaching toward the sky, tree pose, spinal twists, and deep breath exercises.
4. **Full-Body Energizer:** Marching in place, squats with arm lifts, Pilates leg kicks, and standing side crunches.
5. **Core & Balance Garden Series:** Single-leg balances, hip openers, bridges with leg lifts, and roll-downs with side stretches.

Even 10–15 minutes in a sunny backyard, park, or by a lake can revitalize your energy, improve focus, and reconnect you with your body and nature.

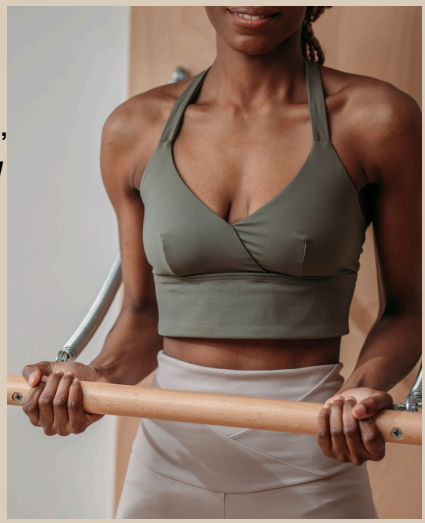
LET GO OF OLD HABITS AND SET NEW INTENTIONS

Spring is a season of growth, making it an ideal time to reflect on routines that no longer serve you. Pilates encourages self-awareness, helping you notice patterns in both body and mind. Small changes, like trying new movements, focusing on breathwork, or practicing consistently, can spark meaningful shifts in all areas of life.



BOOST YOUR ENERGY LEVELS

As the days lengthen and temperatures rise, Pilates provides a gentle yet energizing way to shake off winter lethargy. The combination of mindful movement, breathwork, and alignment leaves you feeling refreshed, focused, and ready to embrace everything spring has to offer. With Pilates with Love, spring becomes more than a season—it's a chance to awaken, rejuvenate, and move with intention. So step outside, feel the sun on your skin, and let





Loveleen Singh,
Founder of Pilates with Love
follow her @pilates.with.love

HER BEAUTY REVIVAL

with Miss Megan Robinson

Spring Makeup: You Do Not Need More, You Need Better Placement

Spring is when everybody suddenly wants to switch it up. New season, new face, new products, new trends. And I love that. I love a refresh. But at the end of the day, most people do not need more makeup.

They need more intention.

A lot of people are asking the same questions all the time. Where should my blush go? How do I look more lifted? How do I make my face look slimmer? And yes, there are answers to that, but the answer is not to copy what you saw in somebody else and hope for the best.

You have to know your own face.

That is why I teach the rule of thirds and the oval shape. Not because I expect you to sit there drawing lines on your face every day, but because once you see it, you cannot unsee it. You start to understand why certain placements work and why some placement is just colour sitting on your face doing absolutely nothing.

That's where people get stuck. They think if something is not working, they need to add more blush, more contour, more bronzer. But more is not always better. Sometimes, more just makes everything muddy. Sometimes it covers the structure you were actually trying to create.

If your contour is too low, it is not sculpting. If your blush is too far in, it can drag the face down. If your blush is too high for your proportions, it might look cute, but it is not necessarily doing anything for your face shape.

So when I think about spring makeup, I do not think the answer is less structure. I think the answer is softer structure, fresher colour, better blending, and better placement.

You can absolutely do the trendy blush. You can do the high placement. You can do the sunburn look. But first, know what actually flatters you. Learn your face, then break the rules.

Because there is a difference between being a hot girl and being a hot blush.

One is about flattering your face. The other is about showcasing the makeup. Neither is wrong, but you need to know which one you are doing.

So if you are refreshing your makeup this spring, do not just ask what is trending. Ask yourself what actually makes sense on your face.

Do you need more depth? More brightness? Less product? Better placement?

That is where the real refresh happens. Join My Makeup Revival on Skool to have your beauty breakthrough. That is where I teach this in real time, break down placement, and help you understand what actually works for your face instead of just following trends.

Join us on Skool



Megan Robinson, founder of The Makeup Revival.

Not sure how to adjust your makeup? Confused about products, tools, or techniques?
Take week 1 of the revival foundation for free
MISS MAGANS MAKEUP REVIVAL
FOLLOW: TIKTOK/IG @MISSMEGANROBINSON

CHECK OUT THE VIBES

with the vibe curator

Springtime is all about new beginnings, buds turning to blooms, turning to the fruits of our labour and the harvest we live off during our winter seasons.

Seasonally and spiritually, we are in the season of planting our 2026 seeds, tending to our soil, trusting that the conditions we are in, and the work we are doing are the perfect ones to ignite, facilitate and foster growth.

We plant seeds that sit in the dark for weeks and sometimes months at a time. We tend to the seeds and dedicate time to their growth, care and the best environment. We hope that the seeds we plant push through that dark soil, seeking the light that allows the seed to fulfill its entire purpose. This year and season are asking for gardeners' hands and hearts.

Astrologically, we are coming out of eclipse season, a time when big shifts happen that influence and inform major themes prevalent in the next couple of years in our lives. We have outer planets moving and shifting, which influence and inform our collective. Uranus, being the planet of revolution and awakening, will be making a shift, entering Gemini on April 25. Keep an eye out for this date and see where rebellion, innovation, and sudden change are happening for you and in your local community and the world.

This can certainly ignite some shadowy feelings, such as loss of control, but we are being reminded, now more than ever, to tend to our own soil and stay grounded in what we are building. Sow our seeds with loving intention, and keep moving forward.

In Numerology, 2026 is a Universal Year 1. Universal also means collective. This energetic shift can and will be felt by everybody. Universal Year 1 is the beginning of a new journey that requires bravery, imagination, dedication and deep faith. How can we commit to a better future for everyone? Universally? Collectively? This is not a lofty question or a rhetorical one. The lyrics "one is the loneliest number" kept coming to me while writing this as a reminder it can be an isolating time as you dedicate yourself to the project of your life. It's a call to action, a summons to lead your own life with the power, stamina and intention this Universal Year 1 and the Year of the Fire Horse are asking of you.

The year of the Fire Horse is about action, freedom, speed, and breaking through. Instead of allowing excuses for why you're not moving forward, and all the obstacles that are in your way, 2026 is about embracing it, saying to yourself, "Nike, baby" (Just do it!), despite them. Regardless of the obstacle, you deserve to experience not only the journey, but the success and things that exist and await on the other side of fear.

Honouring the sparks, igniting the fire within to boldly and bravely go where you have yearned to be. 2026 is demanding more of you, dedicating this year to yourself, finding your rhythm, setting the pace to support your future, present and ensure longevity and sustainability - we are at the very beginning of the astrological year after all!

Here are 3 reflection questions to journal or ask yourself:

- Name and outline each obstacle that is in the way of you moving forward.
- What is one thing you can do for yourself each day that benefits you and the collective in the long run?
- What seeds are you planting that you hope will find the light and fulfill their purpose? How much time are you willing to commit to tending the soil to ensure those seeds grow? Daily? Weekly? Monthly? Seasonally?

TAROTSCOPES

♈ ARIES – ACE OF SWORDS

It's time to cut the shit, girl! Your potential is at an all-time high and it's time to claim your personal power during this fresh and exciting beginning. Dedicate yourself to mental clarity. Cut through the distractions and noise, and laser focus in on the path you want to take. You're sharper and stronger than you give yourself credit and it's time to stop underestimating what you can actually do when harnessing this creative strategy. Fight for yourself and your future with the integrity and care you deserve.

♉ TAURUS – SEVEN OF PENTACLES

Almost there, you're seeing or just about to see your hard work paying off! The seeds you've planted are starting to grow into the fruits of your labour. Planning your future like the baddie you are, you're harmonizing long-term strategy for the future and where to put efforts during the day to day to see the best returns. This is such a grateful moment to reflect on where you were, how you got here, and where you're heading. The foundation of freedom you're building for yourself and the passion you're pouring in will be sustainable and generative long-term. Keep doing the work patiently and see your future grow right before you!

♊ GEMINI – SEVEN OF CUPS

So many ideas and incredible options to move forward with, which to choose? Be careful what you're wishing for, if you pour yourself into the wrong option, you can get bit, but the right option could be something amazing! Weigh your options so you're happy with your choices. Don't allow temptation or intentions that don't align with the life/future you want to draw you in. Every cup has a prize, but it may not be a positive result. Choose the cup that brings you closer to your goals. Don't let old versions of yourself choose your future; be intentional.

♋ CANCER – STRENGTH

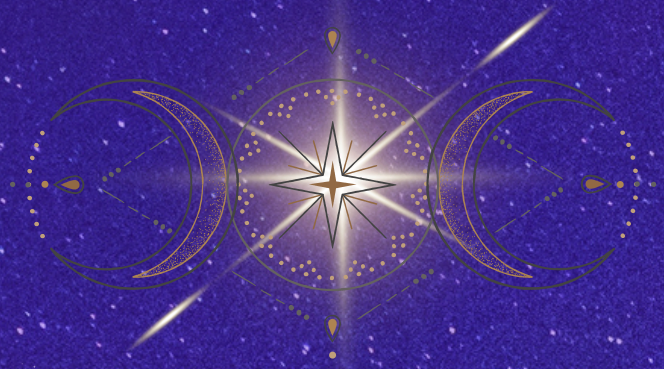
You've worked so hard to tame your animalistic impulses and leaned into strengthening yourself mentally and physically. Celebrate the work you've done to overcome the things that have been holding you back! You're maturing, queen! Keep facing the world with courage, despite the fear inside and allow compassion to be a guiding force. Spend time and energy learning to connect your inner and outer selves to embody this ferocious and impenetrable strength with prowess! You've got all the tools necessary to thrive.

♌ LEO – TWO OF CUPS

You've worked so hard to tame your animalistic impulses and leaned into strengthening yourself mentally and physically. Celebrate the work you've done to overcome the things that have been holding you back! You're maturing, queen! Keep facing the world with courage, despite the fear inside and allow compassion to be a guiding force. Spend time and energy learning to connect your inner and outer selves to embody this ferocious and impenetrable strength with prowess! You've got all the tools necessary to thrive.

♍ VIRGO – THE HIGH PRIESTESS

Oh baby, honour those gut feelings! She feels, she knows! She intuits and receives a crystal clear message. The sooner you accept and listen to your divine inner knowing, the more powerful and unstoppable you become. Trust that your gut will always lead you to the right answers, stop forcing control and allow things to play out as they are meant to. Look for answers inward instead of seeking outwardly. Pay attention to the dreams and messages you're receiving in new and exciting ways. You're receptive, prepare to receive a message, your intuition is expanding and guiding your way forward.



♎ LIBRA – PAGE OF WANDS

Embrace your light-hearted side, lean into positivity and passion, informing an enthusiastic outlook that allows you to connect easily with those around you. This is apprentice energy, explore the unknown, follow the spark of adventure, and learn so much more about yourself during this process. A catalyst for change, this could be an inspired chapter bringing new projects and creative outlets to move you forward. Allow yourself to love and show all parts of you, allow your inner colours to shine through. Possibilities are endless, and you're meant to live as inspired and freely as you can!

♏ SCORPIO – TEN OF CUPS

You've come a long way! This is a huge celebration and acknowledgment of the incredible legacy you've created for yourself. You've poured into your community, and it's pouring back into you! You've worked hard to get to this place of inner peace and have found ways to fully express yourself in your relationships. Revel in the sweetness, beauty and the moment. You're in alignment with your authenticity. Enjoy time with your loved ones and your community, you've earned it!

♐ SAGITTARIUS – NINE OF SWORDS REVERSED

Change your mind, change your life! You're incredibly aware of how your brain is a self-fulfilling prophecy, and you are committed to ensuring that it is a positive one. The anxiety and doubts that were clouding your mind weighed heavily on your body and soul. This change of consciousness is exactly what you need to ignite transformation in the most meaningful way! Monitoring the way you speak to and about yourself and others will show you where you've done the most work and where you still need some more TLC. Feelings aren't facts, and you don't have to let your monkey mind take control and drive you crazy.

♑ CAPRICORN – ACE OF CUPS

Embrace your light-hearted side, lean into positivity and passion, informing an enthusiastic outlook that allows you to connect easily with those around you. This is apprentice energy, explore the unknown, follow the spark of adventure, and learn so much more about yourself during this process. A catalyst for change, this could be an inspired chapter bringing new projects and creative outlets to move you forward. Allow yourself to love and show all parts of you, allow your inner colours to shine through. Possibilities are endless, and you're meant to live as inspired and freely as you can!

♒ AQUARIUS – THE WORLD

A major cycle is closing out for you this season. You've reached a long-term vision or goal, and it's time to relax and celebrate your journey! Look back and realize just how far you've come. This is the close of one chapter that is part of a great book. It's not the time to retire but to rest and enjoy this beautiful accomplishment. Travel or experiencing a new world is very much encouraged at this time. The world is your oyster, honey, enjoy the adventures you seek!

♓ PISCES – NINE OF PENTACLES

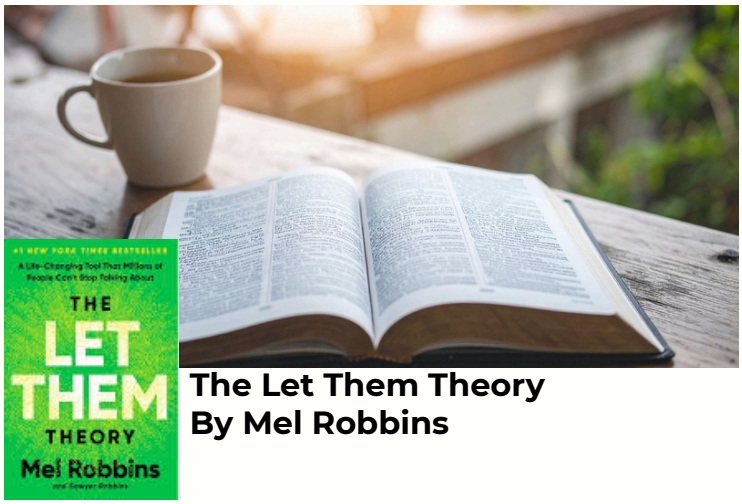
Treat yo'self! You need to lean into a luxurious life in ways that are meaningful for you! Pull the trigger and buy that item you've had in your shopping cart for ages, upgrade your raggedy wallet and feel good doing so! This isn't about being irresponsible with your resources but celebrating them! It can be something as meaningful as buying a fabulous mug for your cup of coffee to sip each morning, to a big, fluffy, delicious bath robe that hugs your soul when you put it on. You've worked hard to get where you are, enjoy the fruits of your labour and set the stage for a luxurious season



Krista Kayser

Krista Kayser is a multi-passionate creative, intuitive guide, and the visionary behind The Vibe Curator. To book a reading visit: thevibecurator.ca

THE READING ROOM



The Let Them Theory
By Mel Robbins

From the moment I heard Mel Robbins' voice tell me to "just let them," I knew I was about to hear a familiar message, but one I hoped would finally help me move past some of the hurt I had been carrying about my current situation.

There are two things I believe to be true. First, many of us already know the answer to our problems. We just need a nudge from the people and sources we trust to give us that extra push. Second, you can hear the same message a hundred times, but it only takes one person to frame it in a way that finally drives the point home. That is when you are able to confront some of the baggage you have been holding onto.

Let Them is exactly that kind of message.

It is a familiar truth delivered in a way that feels clear, freeing, and deeply practical. Mel reminds us that so much of our suffering comes from trying to control other people's choices, reactions, opinions, and behaviour. We exhaust ourselves trying to manage what was never ours to manage. Her message is simple: let them do what they are going to do, and then decide what you are going to do next.

That is where the power of this book really lives. It is not passive. It is not about giving up. It is about releasing the need to force, convince, chase, or hold together what is not aligned. It is about accepting what is, so you can respond with more clarity, self-respect, and peace.

For me, The Let Them Theory felt like a timely reminder that peace often begins where control ends. Sometimes the most powerful thing you can do is stop gripping so tightly, let people reveal who they are, and trust yourself enough to decide what comes next.

If you have been holding onto disappointment, frustration, or the weight of trying to make people act differently, this book may be the nudge you need. Not because the message is brand new, but because it might finally be the version that helps it land.



GOOD EATS
Black & Blue
130 King St W

Lately, I've started a little eating club with two of my friends who, like me, have flexible schedules. And instead of wasting that gift, we decided to do the smart thing: capitalize on Happy Hour.

There's something so luxurious about stepping out in the middle of the day or early evening for delicious food, great conversation, and a dining experience that makes you feel like you're really living. That's exactly what we found at Black+Blue Toronto.

Known for its classic steakhouse offerings with a twist, Black+Blue delivers an elevated experience from the moment you walk in. The atmosphere feels polished and modern, with just the right amount of energy, making it perfect for after-work cocktails, a catch-up with friends, a date night, or one of those moments when you simply want to enjoy the city a little more intentionally.

The menu is centred around premium cuts and standout details, from dry-aged beef and certified Japanese Kobe to A5 Wagyu, seasonal seafood, raw bar selections, and indulgent steakhouse sides with a luxe spin. But beyond the menu itself, what really stood out was how incredible the entire experience felt. The food was exceptional, and I can not confirm or deny, but the chefs at the bar may have slid a few extra bits of wagyu our way, making the overall vibe strike that sweet spot between upscale and welcoming.

It's the kind of place that reminds you dining out can still feel special and at 3 PM on a Thursday afternoon it really was.





COACHING CORNER

with Coach Janine

WHAT YOUR DAYDREAMS MAY BE TRYING TO TELL YOU

I've been challenging myself to show up on social, and in doing so, I have had to explore a myriad of topics to find the ones that resonate with my audience. And a part of that discovery has led to learning how to share information in a meaningful and interesting way, because the attention span of people on average is 7 seconds.

That's how I started exploring daydreaming as a state of being and as a topic to grab those 7 seconds from the women who happen to stroll my way. We all daydream! So, the possibilities that come with exploring those dreams are limitless.

There is a version of you that keeps showing up in your mind. She appears when you are in the shower, driving, folding laundry, sitting at your desk, or staring out the window for a little longer than you'd like to admit. She is calmer. Lighter. More rested. More supported. More free. More honest about what she wants.

If we're honest, she's not showing up by accident. We're taught to dismiss daydreaming as a distraction, as avoidance or proof that we are unserious, unrealistic, or unfocused people.

Your daydreams can reveal a craving for:

- *Rest*
- *Freedom*
- *Support*
- *Spaciousness*
- *Creativity*
- *Peace*
- *Alignment*
- *A different pace*
- *A more honest version of your life*



What if your daydreams are not the problem?

What if they are information?

Your daydreams may be revealing what is missing. The things you repeatedly imagine are often connected to something deeper than fantasy. They can point to a need that has gone unmet for too long.

Maybe you keep daydreaming about a slower morning routine. Maybe you keep imagining yourself working for yourself. Maybe you keep picturing a version of your life where you are not always rushing, carrying, fixing, or holding everything together.

That does not automatically mean you need to quit your job, move to another country, or blow up your whole life. But it may mean something in you is asking for attention and care.

dream a little DREAM OF ME

When those dreams keep repeating, it is worth asking why. You are not greedy for wanting more ease. This is where a lot of women get stuck. The moment they notice a desire for something softer, slower, or more supportive, shame rushes in - you're lazy, ungrateful, you're doing too much, you're not doing enough, or you should be able to handle the load. Wanting relief, support or a life that fits you better does not make you weak, incapable, or unrealistic.

Sometimes daydreaming is not about escaping your life. Sometimes it is about finally telling the truth about what your current life is not giving you. Repeated desires deserve your attention If the same image, feeling, or longing keeps returning, do not rush to silence it.

Get Curious.

Ask yourself:

- *What is this daydream making possible for me?*
- *How do I feel in that version of my life?*
- *What need is being met there?*
- *What am I craving that I have not named out loud yet?*

Maybe the daydream is not about the exact picture in your head. Maybe it is about the feeling attached to it. You may not actually want to run away. You may want space. You may not actually want a whole new life. You may want more choices. You don't need to become someone else. You may need to come back to yourself.

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The next step is not to judge it. It is to translate it

If you keep daydreaming about a different life, ask what real-life next step that dream might be pointing toward. Not the whole plan. Not the five-year leap. **Just the next honest step.**

That could look like:

- asking for help
- protecting one evening a week for yourself
- starting the idea, you keep talking yourself out of
- creating a better morning rhythm
- setting a boundary
- admitting what you actually want
- making room for the version of you that keeps showing up

Perhaps your daydream is not a distraction; perhaps it is an invitation. Showing you the gap between the life you are living and the life you are craving. Revealing where you are disconnected. Reminding you that there is still something in you that wants more, sees more, and believes more is possible.

That matters.

So the next time your mind drifts, do not be so quick to call it a problem. Pause long enough to ask:

What might this daydream be trying to tell me?

Because sometimes the life you keep imagining is not random. It's your inner wisdom trying to get your attention.



SEND YOUR QUESTIONS/REQUESTS TO HERCOLLECTED@GMAIL.COM

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Success Coach
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Send your questions/requests to hercollected@gmail.com

What's New With HER

WHAT'S NEW WITH HER: IRL EVENTS

2026 is proving to be that year.

The year we stop saying "we should get out more" and actually do it.

The year we move with intention. The year we create moments that build connection, deepen community, and remind us that life is meant to be lived together.

That's exactly what we did in February when we hosted our first Living HER Life event. A small but beautiful group of women came together for an afternoon of fun drinks, a little culture, and amazing food, and what became clear almost immediately was this: women are craving connection. Real connection. Not just likes, comments, and "we should link soon," but actual shared experiences, laughter, conversation, and community.

Sometimes all we need is a little nudge. A reason to get dressed, step outside, and say yes to something different. And once we do, the energy shifts. The laughter gets louder. The conversations get deeper. The night becomes more than just an outing; it becomes a memory.

That's the spirit behind Living HER Life.

The formula is simple: fun drinks, a light activity, and delicious food. No extra fees. No fuss. No pressure to be anything other than yourself. Just a chill time in the city, meeting new people and exploring places you may have never been before, or haven't been to in years.

And baby, it's already growing.

On March 22, I created a stitch non TikTok that started a fire, and that fire has quickly become a movement. What started as a simple spark has opened up something bigger: a call for women to get outside, get connected, and start saying yes to life again. Not in a forced way. Not in a performative way. In a real way. In a way that feels nourishing, exciting, and aligned.

That's also what inspired SHE Outside, a living document that highlights what events are happening across the city. Our hope is to feature experiences that build connection and community while supporting local businesses and community builders who need more visibility for the beautiful things they're creating.

Because sometimes the best way to strengthen community is simply to help people find each other. We're so excited to keep the momentum going with upcoming **Living HER Life experiences, including:**

- Living HER Life @ The Second City Mainstage 91st Revue
- Living HER Life @ High Park
- Living HER Life @ St. Lawrence Market June Edition
- Living HER Life @ Shakespeare In The Park – Summer Edition
- Living HER Life @ Bata Shoe Museum September Edition
- Living HER Life @ The Devil's Punch Bowl
- Living HER Life @ Akin – Michelin Star Experience

You can explore the full lineup and RSVP here: HER Live Events

This is just the beginning. More connection. More community. More reasons to get dressed and step into the life you keep saying you want. And if this season is teaching us anything, it's that sometimes one brave yes can open the door to a whole new chapter.

With love and intention!

What does "back to basics" look like in your life this season?

I'd love to hear from you. Reach out at hercollected@gmail.com or connect with me on Instagram @hercollected.

ISSUE 01 I VOLUME 6

HER COLLECTION

COLLECT.CONNECT.CREATE

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