



Sometimes the loudest voices that should be ignored are the ones in your own head.

- Sabrina Boykin

By Sabrina™



WE HOST AND SUPPORT
MOTIVATIONAL AND
EDUCATIONAL EVENTS
AROUND MINDFUL
THINKING, INTENTIONAL
LIVING, AND SOCIAL
CONSCIOUSNESS.



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By Sabrina™

MEET THE FOUNDER & LEAD FACILITATOR

Sabrina has been a change agent and champion for diversity since an early age. She learned the importance of Black excellence navigating through adolescence as a minority in a predominantly white upper class neighborhood. Her parents were entrepreneurs, building a successful beauty business with Fuller Products. They spoke positive affirmations to both Sabrina and her older sister, Regina. Being raised to be self aware and conscious of how she interacted with others, Sabrina took these teachings with her to Bennett College, where she earned a B.A. in Business Administration, started working as a youth mentor, and became a member of Alpha Kappa Alpha Sorority, Inc.

Sabrina has always shared the importance of diversity as a way to create lasting changes in the community. In 2006 Sabrina organized, led and brought over 750 families together for a Celebration of Diversity, which is now an annual celebration in Canton, Michigan partnering with the local school district. Sabrina also created a diverse book club that was featured on the Oprah Winfrey show, highlighted as part of Oprah's book club series for its inclusive approach to building community.

In 2017 while earning her second B.A. in American Sign Language at Columbia College Chicago, Sabrina started the concept of By Sabrina™. A purpose driven brand centered around her well-known quote, "Sometimes the loudest voices that should be ignored are the ones in your own head"™.

June 2020, Sabrina recognized the need to develop a platform where a multicultural group of people could get together to simply talk. The goal was to have open and honest discussions about the issues surrounding race relations in America. This is how the pilot group for Mindful Discussions was created.

By Sabrina™ is a platform focused on building a community where people of all backgrounds engage in understanding the importance of their actions. Sabrina motivates, supports and inspires people in all walks of life. She encourages everyone to be mindful of their impact, purposeful in how they live and positive with their words.

Be Mindful
of your impact with us.

EXCLUSIVE MEMBERSHIP

Have you ever experienced discussions so impactful they changed your outlook on life? Have these discussions led to meaningful exchanges between diverse groups?

Our Mindful Discussions are a safe place for all to learn, discuss, share, and collaborate monthly with other open-minded individuals around race relations in America. We have honest dialogue leading to positive change while promoting social justice in our communities.

Our moderators use curriculum based discussions to unpack the nuances of race and culture in America. We want you and your lived experience to contribute to these discussions.

Please visit our website for more information. www.bysabrina.co



"This forum has been a safe space from the start. Our conversations have been so important to me and I incorporate the things I have learned from them into my daily life..."

2020 Mindful Discussions
participant
Chris O.
Naperville, Illinois

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Be Mindful™
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