

SAVE THE DATE

THE SHO'NUFF PRINCIPLE BOOK RELEASE & TOUR LAUNCH PARTY

THURSDAY, OCTOBER 30, 2025

5:30 PM - 8:30 PM | ATLANTA, GA

RUSSELL INNOVATION CENTER FOR
ENTREPRENEURS (RICE)

504 FAIR ST SW,
ATLANTA, GA 30313

DR. LAKILA BOWDEN

Dr. Lakila Bowden is the charismatic voice high-achieving women didn't know they were missing. She's the COO of iSee Technologies, a visionary speaker, company founder, and an unapologetic rest advocate.



THE SHO' NUFF PRINCIPLE

A HIGH ACHIEVING WOMAN'S GUIDE TO
Self-Care, Self-Promotion,
& Self-Celebration

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