



The Queen's Project, a self-esteem building school program that is facilitated by its founder, Penny "P.J." Jones-Richardson, sparked inspiration for the novel, "Nobody told me I was a Queen."

The Queen's Project was founded to help women empower themselves through knowing their self-worth. "This isn't about being overconfident and stuck on yourself," said Jones-Richardson. "It is just basically realizing that 'I am important.' I just wanted to be that person to help build self-esteem. I want to see young women reach their goals."

The group discusses various topics ranging from body image to hygiene. For the book, Jones-Richardson focused on the personal stories of the participants. "I hear a lot of stories of abuse, self-abuse," said Jones-Richardson.

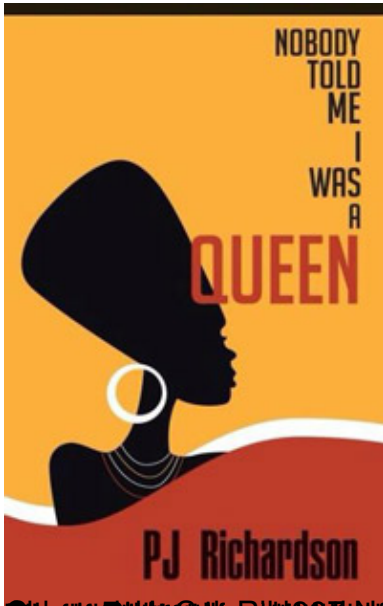
The published author also drew from her own struggles and life experiences.

"I was a teenage mom," said Jones-Richardson. "It affected my self-esteem because I spent a lot of time being ashamed. I felt like my life was over and in some ways I pulled away from the friends I had before. The advice I would give to teen moms today is to never give up on their dreams and goals. Being a teen mom does not have to stop you from achieving your goals."

PJ Richardson: Life coaching via the Queen's Project

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Friday, 16 August 2013 11:35



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