



SPOTLIGHT ON SUCCESS

Tenesha Card Creates Royalty

Ms. Tenesha Card is a mother and a daughter, but one of her proudest titles is now “entrepreneur” as the proud owner of *Royalty Massage* located at #3797 University Heights in Belize City. Through support and training opportunities offered by the Ministry of Human Development, Social Transformation and Poverty Alleviation, Ms. Card became certified in Swedish Massage & Facial Spa Therapy and started her own business.

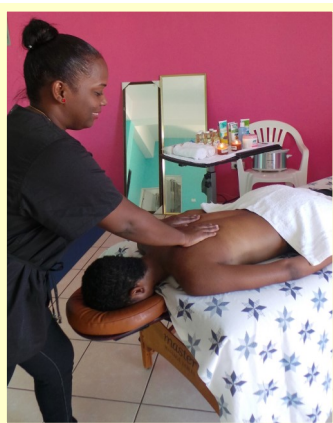
Together, Ms. Card and Ms. Garcia offer the unique service of “SWISNIDRA,” which combines Swedish massage with the art of deep consciousness and guided relaxation practice of yoga nidra. According to the duo, this combined technique results in profound physical and mental relaxation and will help clients to discover their heart’s deepest longing while being pampered. And because they created it, “SWISNIDRA” is not offered anywhere else in the world!



MS. CARD & ASHANTI GARCIA



MS. TENESHA CARD, OWNER, ROYALTY MASSAGE



Prior to training, Ms. Card periodically held part-time jobs with her primary role being a housewife and mother. Those roles were fulfilling and she admits, “*I never envisioned owning much in life and was trapped in a form of dependency relying on family and friends.*” Today she is enjoying the change in her empowerment and employment, “*Now I can create my own work schedule, doing what I love to do and make money while doing so!*”

Since becoming certified in massage therapy, new opportunities started to appear. In addition to participating in annual expos, public service days, and becoming a member of the Belize Spa Wellness Association, Ms. Card has established a business partnership with Ashanti Garcia’s Airbender Yoga Studios.

When asked about her aspirations for her business, Ms. Card expresses that *Royalty Massage* is bound to expand as she continues to build her skillset by learning new and innovative massage techniques. Her personal advice to aspiring entrepreneurs, “*Pursue your dreams, but reach out to individuals who have expertise in your area of interest and never give up!*” To book a massage appointment with Ms. Card, call 667-2656.

A key focus within the Ministry of Human Development, Social Transformation and Poverty Alleviation is in providing opportunities for the economic empowerment of women via training. Through networking, we are able to establish partnerships to create capacity-building opportunities which enables the transformation of individuals, families and by extension, broader communities.

To find out more about available support programs, visit the Women’s Department at Corner Central American Blvd. & George Price Highway or call 227-7397.

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About the Ministry

The Ministry of Human Development, Social Transformation and Poverty Alleviation is the lead entity of the Government of Belize in the development of people, enabling them to realize their full potential and play a meaningful role in their communities.

About Spotlight on Success

Spotlight on Success highlights the achievements of Belizeans who have experienced transformation as a result of accessing social interventions, programs, or services through the Ministry of Human Development, Social Transformation and Poverty Alleviation.