

# Kenya Johnson, Biography

**Kenya Johnson** is the founder of **The Total Makeover Company, LLC**, based in the Detroit area, and the voice behind *Becoming Her: Rooted, Restored & Released*. She is a certified life coach through Express Coaching, an affiliate of the Certified Coaches Alliance, and is passionate about helping Christian women grow confident in their God-given identity.

Through her own journey of faith, growth, and renewal, Kenya discovered that true transformation begins on the inside. Her work focuses on guiding women to become rooted in truth, restored in heart, and released from the patterns, labels, and narratives that no longer align with who God says they are.

Kenya's coaching and teaching are faith-centered, identity-focused, and grace-filled. She supports women—many of whom navigate ADHD, emotional overwhelm, or seasons of transition—in developing spiritual rhythms that are sustainable, life-giving, and grounded in God's Word. Her approach integrates Scripture, reflection, and practical encouragement to help women walk confidently and intentionally with God.

As a wife and mother of three, Kenya continues to live out the principles she teaches, learning daily how to remain aligned, balanced, and rooted in faith through every season of life. She believes that becoming who God created you to be is not about striving or perfection, but about alignment, trust, and steady growth.