



**Adina Sutton**  
Celebrating Women's History Month

## Celebrating Women's History Month with Adina Sutton

Owner of Adina Did It Studios LLC, Founder of Innovative Mother's Advanced (IMA),  
Hair Care Consultant, Choreographer, Model & Wife!



Resilient, Persistent, Selfless, Courageous. These are just a few words that describe the characteristics and brilliant mind of Adina Sutton. After being diagnosed with a health condition called Shingles, Adina relies on her faith, family, and her passion for the arts to be her therapy tool to heal and give back. Let's take a closer look into the world of this upcoming creative mogul.

**KUOM: Who Is Adina Sutton?** Adina Sutton is a strong, beautiful, God-fearing black woman who positively impacts those she comes across by empowering them to love themselves and learn the power they have within to create the life they want! I live a life full of experiences, which creates a lifetime of memories and lessons to pass on. I have a heart for our future generations, so I create platforms for them to learn and shine bright. Who Adina is, right now at this moment is a confident being who has discovered her true power of being a creative, I now understand and have power to create new possibilities for myself and those around me every second of every day! I am also a Wife, mother of 2, and my bonus baby, business owner of AdinaDidIt Studios, LLC., visionary of Innovative Mother's Advance (IMA) Business Baby; building everyday kids into kid entrepreneurs, VP of Laannco Inc.; supporting our Community & Youth through events, education, and consulting, choreographer, radio host, event host, model, and motivational speaker.

**KUOM: Describe Your Childhood?** I was born in Brownsville, New York, one of the deadliest cities, in New York city where they consider it to be a neighborhood that may take a decade off your life expectancy. A place considered deadly to most but home to me, built strength, understanding, and gratitude for life, especially for the simple things in life. Relocating to Orlando, FL, gave my single mother of 3 girls peace, knowing we lived in a safer environment. Raised in a Caribbean household, and as a first generation American, I was very grounded in values and had an eagerness to rise above all adversity. My family's mistakes were my lessons, and as a young child I understood the choice of being a victim or being a warrior, and God blessed me to be a warrior! I was a young leader and even when I didn't know the power, I had within me God always sent his angels in many forms to let me know how special I was.

**KUOM: Who inspired you to pursue the performing arts?** My Grandfather was a DJ in Brooklyn, New York, and he played music ALL THE TIME. I think I came out of the womb dancing! Many of the males in my family were DJs, producers, artists, many of the women were dancers, so it was in my blood. Overall, I would say my family! As a hairstylist, my mom was a stylist, and my aunt still is. I just had a love for touching and doing my family's hair, since I was 3. My family's love for the arts absolutely impacted my life.

**KUOM: Who are you closest to your mother or father?** My mom was a single mom, so it was her. My father went to prison before I was 1 and the last time, I saw him, I was 5. Hearing family stories, he could have given my mom a run for her money, but his imprisonment, and deportation had an impact on my life (you don't have to put all of that if you don't want to...just giving you some juice lol).

**KUOM: When you perform or do hair where do you draw inspiration to create?** As far as performing I really draw from my life experiences, good or bad. The artist's story being told in the songs inspires me to create. When it comes to hair, what inspires me is the person sitting in my chair. Truly listening to their needs and prescribing a solution like a doctor is what inspires me to create for them. Some people focus on the trend at the times, yes that may play a role for my clients, however what's in for one person is out for the other, so it's really important to customize each hair session with my clients. Another thing that inspires me is knowing God gave me a gift to inspire and uplift people and that is my opportunity to do it every day to every person who walks in my salon.

**KUOM: When did you have that light bulb moment when you realize that your talent can touch people's lives?** At the age of 15, when I started "interpretation/praise" dancing. The pastor, and the church body would all be in tears! Now at 33 I still dance, and have the same impact, and I see the impact dancing has had on my daughter. She has watched me dance all the 8 years of her life, and through dancing and music, I am able to teach her life lessons.

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## Men of Kulture 365 #ArtTherapy Interview cont.'s with Adina Sutton

**KUOM: Now, you battle with shingles correct? Tell us what is this condition and how does it affect your overall health especially mentally?** Shingles is an infection virus caused by the varicella-zoster, the same virus that causes chickenpox. It affects your nerves, and can cause burning, shooting pain, tingling, and or itching as well as a rash and blisters. Most cases of the shingles last 3 to 5 weeks, however shingles has led to me having, Postherpetic neuralgia (PHN), which occurs when there is damage to a peripheral nerve. There is no treatment, and after doing research, and trial and error, what has helped me the best is having a healthy well-balanced diet, getting enough sleep, and to be stress-free as much as possible. As a high-functioning person, my life didn't consist of all the above, so this made me slow down, and pay more attention to how I am treating my body. Mentally, this was tough and painful! Getting a clear understanding of the virus helped me understand what I could do beyond taking prescription. As a fighter, I had to tell myself this was all ok and I would be fine. The virus had me down, I had to wear certain clothing to be comfortable, I was missing out on my children's life, work, daily activities, dancing, cancelling appointments, it made me feel so guilty. The guilt inspired me to do my research, make diet changes, which subsides the amount of pain, and helps keep the painful rash away. I also enrolled myself in a self-development program called Landmark that has allowed me to deal with life more powerfully and has given me a choice to be stressed or not to be stressed!

**KUOM: Looking back over your life did you have any support from your family while pursuing these goals?** Absolutely! My family saw my talent before I did, they really showed up and showed out, when it came to performances, whether it was dancing, modeling, even supporting me by sending me clients and supporting my business. The moments I didn't believe in myself I always had family and close friends to remind me of my greatness.

**KUOM: Did your creative gifts become your therapy tools during a crisis?**

I was an introverted child, and dancing helped me express myself, **PERIOD**. When I was about 15 and my mom introduced me to praise dancing, I felt a healing, words could never heal! All the hurt and anger I had bottled up I was truly able to release it and let Holy Spirit take over. Before noticing how much it started to heal me, I would see how I was able to help heal others through my performances. People would cry and feel so moved. As an adult for my wedding, it was very important that I was able to style some of my bridesmaid's hair. My family and friends thought I was crazy, but doing hair allowed me not to be anxious and made me really calm.

**KUOM: What advice would you give to a young girl who was going through a similar situation with their health or feeling discouraged?** I would say, no matter what you do or who you are, there is always room for growth. When you commit to be a better human being, it allows you to be open to criticism, growth, open to accepting your failures and accomplishments! When you understand, you are, who you are supposed to be, at the time that you are being, it allows you to LOVE yourself, what you have, and to be present in every moment! You do not have control over LIFE, it is a rollercoaster and hardships will find you, and You do have control over your mindset and what you say about life and the hardships that find you. There are no mistakes, just lessons, so get ready to be a student of life and you will learn to live it abundantly!

**KUOM: Bonus\* What did the arts teach you?** The ARTS helped me find my purpose! It healed and inspired me through the bad times, helped me kick fear in the face, and allowed me to express myself when my mouth couldn't. Dance is my **LOVE LANGUAGE**, and it has literally been my vehicle to happiness.

Written by Ronyai Hawkins

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