



# ESOSA E.

Actress, Author, Health Expert, & Fashion Designer

Esosa E. is an award-winning Producer, Writer, Actress, Health Expert, and Fashion Designer who was recently named an "Afro-Renaissance Woman" by the Weekend Argus. Currently she plays the role of Ngozi on the hit international TV and web series An African City, which has been featured by the New York Times, BBC, NPR, CNN, Vogue, ELLE, Glamour, Forbes Africa and more. She is currently producing and attached to star in a number of different film and television projects with acclaimed filmmakers worldwide including Rise of the Orisha, a superhero franchise inspired by African mythology. Prior to working in film, Esosa worked as a freelance Fashion Designer. She also worked occasionally in fashion as a model for editorials, print, and commercials for clients such as Ford, Iman Cosmetics, Essence Magazine and more. In the health world Esosa E. is known as "Raw Girl." She has been vegan for over ten years and is the creator of Raw Girl in a Toxic World, a blog that features holistic health and vegan lifestyle tips, and is the author of several books. Esosa is a graduate of Cornell & Columbia University.

*"Impacting the World with  
Dynamic Creativity & Inspiring  
You to Live Your Healthiest  
Best Life."*

## Press & Media Appearances

ELLE

AFTERNOON EXPRESS

BLACK ENTERPRISE

GRAZIA

DESTINY  
BEAUTIFUL POWERFUL YOU

EBONY

GLAMOUR

SABC

## Presentation Topics

### Charting Your Own Destiny

Esosa E. shares her journey navigating the world of entertainment, and how resilience led her to carve out her own path and can help you do the same.

### The Acne-Free Diet

Esosa talks about her battle with acne and how she healed her skin. She offers information about beauty minerals, and key tips anyone can apply to clear their skin.

### Got Veg? Why You Need

More Veg In Your Life

Inspire by the "Got Milk?" campaigns, Esosa discusses why fruits and veg are essential for optimal health, and how more plant-based foods can heal or ward off disease, and positively impact the planet.

Book Esosa E. Today: [media@rawgirltoxicworld.com](mailto:media@rawgirltoxicworld.com)

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Phone: 323-553-3099

## 5 Lessons To Propel Your Journey (Commencement Speech)

In this commencement address, Esosa shares her own journey and five essential and inspiring lessons she learned along the way while pursuing success post-college.

### Select Clients:

African Fashion Week LA

Boss Moves NY: Female Entrepreneur Event

American College of Commerce & Technology

One God Ministry: Womens Conference

Smithsonian Museum of African Art

Everlasting Life Café

## Praise

“Esosa’s drive and determination were inspiring & contagious. At the end of her remarks I felt as if her advice was intended just for me. I needed to be reminded of the fire within me that had been sleeping; I needed to get back on track with my projects & goals.”

~Aida Dia, MBA, ACCT Graduate, Class of 2016

“Esosa was amazing. She took the time to really understand what we were looking for & spent a lot of time preparing with us. She made sure that the content was not only inspirational but also enjoyable. Her energy passion & dedication made it a truly successful event & she was easily one of the most engaging speakers featured.”

~Sope Ogunyemi, Content Creative



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@TheRawGirl



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