



Culture Shift: Diversity, Equity, Inclusion and Acceptance Speaker/ Trainer Proposal

Sharon J. Lawrence, LCSW-C
CEO of SJL Professional Services, Inc.
Founder of Selah Wellness & Therapeutic Services, LLC

Sharon J. Lawrence, LCSW-C, LCSW, ACSW, CFSW, EAS-C, CAMS-II, BC-TMH

Mrs. Sharon J. Lawrence is a highly regarded speaker and coach working extensively in the areas of wellness, mental health, life improvement, career planning, and professional development. She is on a mission to help professionals, entrepreneurs and corporations establish focus, productivity and greater success. She is a licensed Therapist for Therapists and Professionals, Certified Life Coach, Certified Anger Management Specialist, Certified Prepare/Enrich Facilitator and Certified Financial Social Worker who is also trained in Diversity, Equity and Inclusion. With 20 years of experience working with community agencies/community service boards, various Department of Human Services, medical systems, higher education, and mental health, she has helped with staff retention, work/life balance, time management, conflict resolution, team building and healthy relationships.

Mrs. Lawrence is the CEO of SJL Professional Services, Inc. a coaching and consulting service based out of Tampa, Florida. She is also the Founder and Owner of Selah Wellness & Therapeutic Services, LLC, a virtual mental health practice in the states of Maryland and Florida. She is the former co-host of It's All Business Entrepreneurship Show where she was and continues to be affectionately known as the SelfCarePreneur providing information on mental health, self-care, and trends related to the emotional well-being aspect for business owners. She is best known for her signature corporate wellness series and coaching program, Balance Boldly! I Matter.

Mrs. Lawrence is a 6x author and has been a subject matter expert on Good Morning Washington, Let's Talk Live, BMore Lifestyle, and a number of conferences to include Boris L. Henson Foundation Can We Talk? Mental Health Conference. Mrs. Lawrence has also been featured in media publications and podcasts such as but not limited to Yahoo! Lifestyle, Bustle, The Root, Madamnoire, GoodTherapy, Arlington Now (ArlNow), and the I Am CEO Podcast. In addition, Mrs. Lawrence is an Adjunct Professor for Bowie State University (Department of Behavioral Sciences and Human Services) and Prince George's Community College (Department of Human Services) where she is helping to prepare the next generation of helping professionals.

In her spare time, Mrs. Lawrence is a volunteer mentor for Envision Lead Grow mentor program for girl entrepreneurs. She resides in Tampa, Florida with her family.

To read her extended bio visit www.sjlprofessionalservices.com

SJL PROFESSIONAL SERVICES, INC.

SJL Professional Services, Inc. was created to strengthen workplace environments by challenging leaders and staff to think differently about their work with the public, how they engage other professionals and how to embrace the concept of self-care and a strengthened workforce/institutions.

With national movements that focus on mental health, self-care, trauma, conflict resolution, diversity and inclusion, marriage enrichment and healthy relationship, there is a constant need to strengthen individuals' mindset and the dynamic of relationship. SJL Professional Services commits to helping organizations, churches/ parishes, higher education institutions, and agencies build their skills in working within their systems and with the community in various ways.

SJL Professional Services is on a mission to change cultures, mindsets and behaviors through its training*, consulting, and supports.

**Trainings and Presentations can be altered and created to meet the needs of any organization/institution.*

CULTURE SHIFT: DIVERSITY, EQUITY, INCLUSION, & ACCEPTANCE

This interactive workshop focuses helping organizations commit to change related to diversity, equity, inclusion and acceptance. Strategies will provide guidance to help leaders and diversity teams identify goals with the end in mind.

Areas of focus includes but are not limited to reviewing perspectives, opinions, and positions in regards to diversity and change from a Strengths-Based Approach.

Organizations will also learn ways to assess current structures and create plans for intentional change that propels the mission and values of the organization forward with true impact.

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RATES

Rates for workshops are as follows:

2-Hours: \$6,000

4-Hours: \$10,000

8-Hours: \$13,000

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CONTACT INFO

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