

Neely Counseling Center

Presentation & Workshop List

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Presentation & Workshop List

Maestro Entrepreneur Center & HEB

How to Remain Mentally Strong in a Crisis (webinar, 2020)

Houston Community College

Pivoting with Mindfulness (webinar, 2020)

National Association of Women Business Owners SA

How to Remain Mentally Strong in a Crisis (webinar, 2020)

Taft High School NISD Teen Performance Anxiety

(webinar, 2020)

Transport Topics Magazine

Fleets Can Support Driver Mental Health (guest expert contribution, 2020)

Transport Topics Magazine

Showers of Prais Greet Busy Truckers (guest expert contribution, 2020)

What's Your Career Story Podcat

(guest expert contribution, 2020)

Parent Teen Anxiety Series

Presenter/Host, San Antonio, Texas (2020)

Alamo Ranch Rotary Club

San Antonio, Texas (2019) Guest Speaker

The Family Brain Podcast

San Antonio, Texas (2018) Guest Expert

"Angst" documentary viewing San Antonio, Texas (2018) Panel Member

Women Who Push Conference

Houston, Texas (2018) Keynote Speaker

Great Day SA San Antonio, Texas (2018) Guest Expert

BackStory Breakthrough Women's Conference Keynote Speaker San Antonio Texas (2018)

Maven Business Academy Keynote Speaker Houston, Texas (January 2018)

Great Day SA, Talk Show, Self-Esteem and Teens

Guest Expert San Antonio, Texas (April 2017)

Girls Scouts of America, Self-Esteem, and Bullying Keynote Speaker San Antonio, Texas (April 2017)

Going Natural May NOT Be the Key to Helping Your Daughter Embrace Her Natural Hair Currlynikki.com blog (2016)

The BackStory Breakthrough Online CEU Course for Professionals Virtual Course Creator (2016)

National Child Development Conference, Resiliency Factors Impacting Self-Esteem of Girls

Workshop Facilitator Washington DC, (2015)

The Joy Sutton Talk Show

Improving Self Esteem Roanoke Virginia (2015)

Plaid for Women Podcast

Exploring Self-esteem for Women (2015)

Building Healthy Communication for Couples

Richardson Counseling Services San Antonio, Texas (2015)

Natural Hair in American 3-Part Series

San Antonio Public Library San Antonio, Texas (2015)

The Maggie Linton Show

Sirius XM National radio (2015)

Practical Treatment Strategies for Improving Self-Esteem

Methodist Hospital System San Antonio, Texas (2014)

Dynamic Women's Workshop on Self-Esteem

Richardson Counseling Services San Antonio, Texas (2014)

Surviving the Emotional Impact of Hair Loss

Trichology Conference Philadelphia, Pennsylvania (2014)

The Psychological Impact of Hair Loss

Trichology Conference Philadelphia, Pennsylvania (2014)

Eradicating Generational Hair Shaming

Colorism.org (2014)

Understanding Trichotillomania

Trichology Conference San Antonio, Texas (2014.

Full Circle Inspiration Talk Show

Reappearing guest speaker San Antonio, Texas (2012-2013)

Helping Students to Create a Strength-based Research Agenda

Texas Association of Counselor Educators Austin, Texas (2011)