



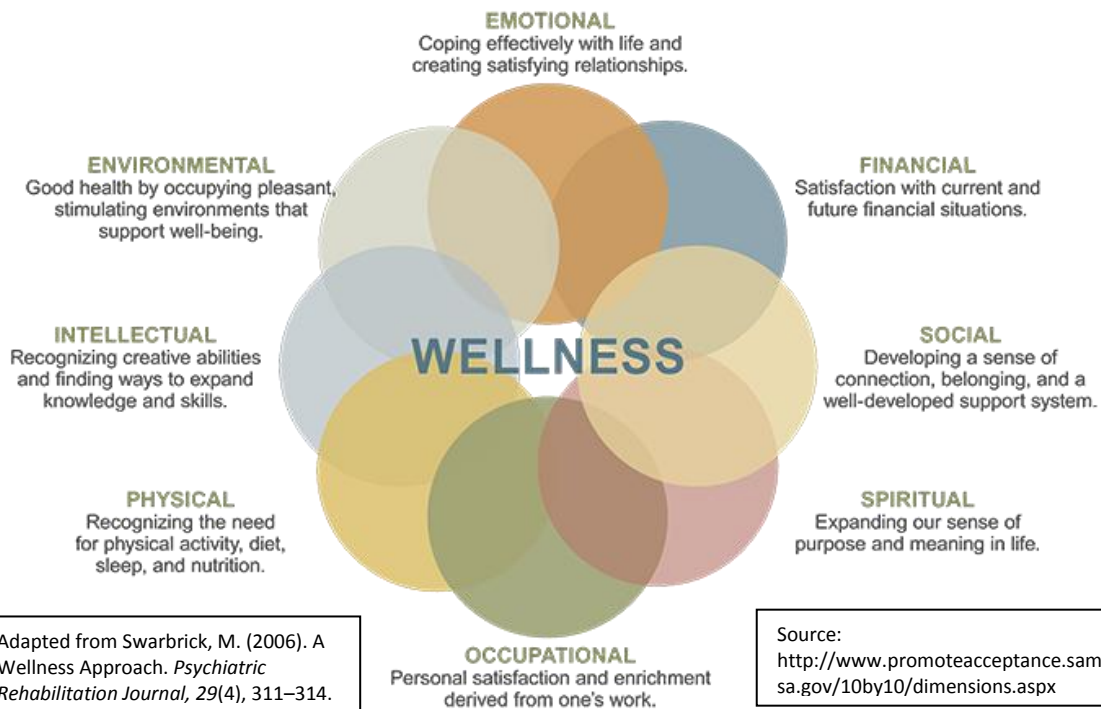
Promoting wellness that builds community, values individuality and fosters integrity.

### Background and Overview:

Nadia M. Richardson, Ph.D. founded Valenrich Wellness, LLC in an effort to dismantle the cultural stigma of mental health and replace it with a positive life-affirming discussion that acknowledges diverse forms of human variation in a respectful and humanitarian manner. Valenrich Wellness offers a range of programming options and advocacy training workshops.

Utilizing a holistic approach to explore culturally factors that threaten wellness, Dr. Richardson administers workshops that encourage healthy identity development, self-advocacy, and cultural competency as a means to achieving the eight dimensions of wellness.

### Eight Dimensions of Wellness



Take the first steps to encouraging important conversations regarding diversity and wellness by inviting Dr. Richardson to conduct a workshop.

**About Dr. Nadia M. Richardson:**



Nadia M. Richardson, Ph.D. is the Founder of Valenrich Wellness. Prior to launching Valenrich Wellness, she served as a Research and Creative Activity Fellow at the University of Alabama where she completed a Doctor of Philosophy degree in Higher Education Administration. Her professional experience includes working with international educational nonprofit organizations in Houston, Texas, Washington, DC, and Fairfax, Virginia as well as student affairs departments such as Dean of Students, Student Involvement and Leadership, Study Abroad, Career Center, Residential Life and Diversity. As an instructor, she has developed and taught college courses on diversity, social justice leadership, and academic potential. Dr. Richardson's current scholarship focuses on college student mental wellness, minority student experience, and educational diversity. She has presented on these topics at both national and international conferences.

*Dr. Richardson is a dynamic speaker  
with a contagious charisma.*

Dr. Erica Jordan  
Assistant Professor, Applied Developmental Psychology  
University of West Florida

Dr. Richardson is an activist-oriented, community-based scholar. As a first-generation American-born citizen, she utilizes her cross-cultural perspective to explore complex topics related to diversity and wellness. She is an engaging speaker who encourages audiences to embrace their authentic identities and challenges communities to foster wellness in unique ways.



**In Her Own Words:**

As a scholar, I have spent a great deal of time reading and researching topics related to diversity, social justice, and educational equality. During the course of my career, I realized that wellness was often omitted from conversations related to diversity and social justice. Through Valenrich Wellness, it is my goal to create awareness of and support for holistic wellness. By administering programs and workshops that focus on cultural factors that perpetuate mental health stigma, I hope to dismantle the barriers that prevent individuals from taking advantage of available wellness services. Valens is Latin for strong, powerful and healthy. Valenrich Wellness seeks to enrich those qualities in all by removing the stigma of mental health, fostering an acceptance of unique identities, and encouraging a commitment to holistic wellness.

Valens (Latin for strong, powerful and healthy)

+

Enrich =



**VALENRICH**  
WELLNESS, LLC™

## **Designing Your Community Program:**

Your community program may be designed to specifically address various audiences. You may select from a combination of the topics listed below and/or speak directly with Dr. Nadia Richardson to design an informative and interactive program tailored to your program interests.

## **Proposed Program/Workshop Topics:**

- ❖ Dismantling Barriers to Student Mental Wellness
- ❖ Including Disability in the Diversity Discussion
- ❖ Supporting the Unseen: Decreasing Stigma and Fostering Advocacy for Mental Illness in Higher Education
- ❖ The Relationship Between Self advocacy, Activism and Mental Wellness
- ❖ Gender Differences in Coping with Mental Health Concerns
- ❖ W.E.B Du Bois's Double Consciousness and Minority Mental Health
- ❖ I'm Not Your Superwoman: The Myth of the Strong Black Woman and Black Female Experiences with Mental Illness
- ❖ Strategies for Establishing Mental Health Advocacy Training Programs that Dispel Stigma and Promote Awareness
- ❖ Institutional Racism's Impact on Minority Student Mental Health
- ❖ Exploring Minority Student Underutilization of Campus Mental Wellness Services
- ❖ Mentorship and Mental Wellness

*Dr. Richardson has the ability to adjust her workshops for faculty members, students or staff in a way that maintains effectiveness and motivates all participants to think about mental illness and diversity in complex ways.*

Mr. Thomas Alexander  
Associate Dean of Students for Diversity  
Bucknell University

In addition to programs on mental health and wellness, Dr. Richardson combines her interdisciplinary, cross-cultural research and professional experience to organize presentations on:

- ❖ Leadership and Civic Engagement
- ❖ Women's Issues and Empowerment / Self-Esteem and Self-Advocacy
- ❖ Diversity, Cultural Competency and Social Justice
- ❖ Commemorative Observances
  - National Minority Mental Health Awareness Month
  - National Mental Health Awareness Month / National Mental Health Week
  - Caribbean American Heritage Month / African American History Month
  - International Women's Day / National Woman's History Month

*Dr. Richardson is a sensational speaker. She is extremely compassionate about her work and mission to educate and empower others on cultural diversity topics and issues in our society today. Houston Community College Central endorses her work and encourages pioneers in the field of empowering others to invite Dr. Richardson to enrich their campus, industry and management team with a powerful workshop.*

*Mrs. Sonya Sneed  
Student Life Coordinator  
Houston Community College*

**For fees and more information please contact:**

Nadia M. Richardson Ph.D.

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