



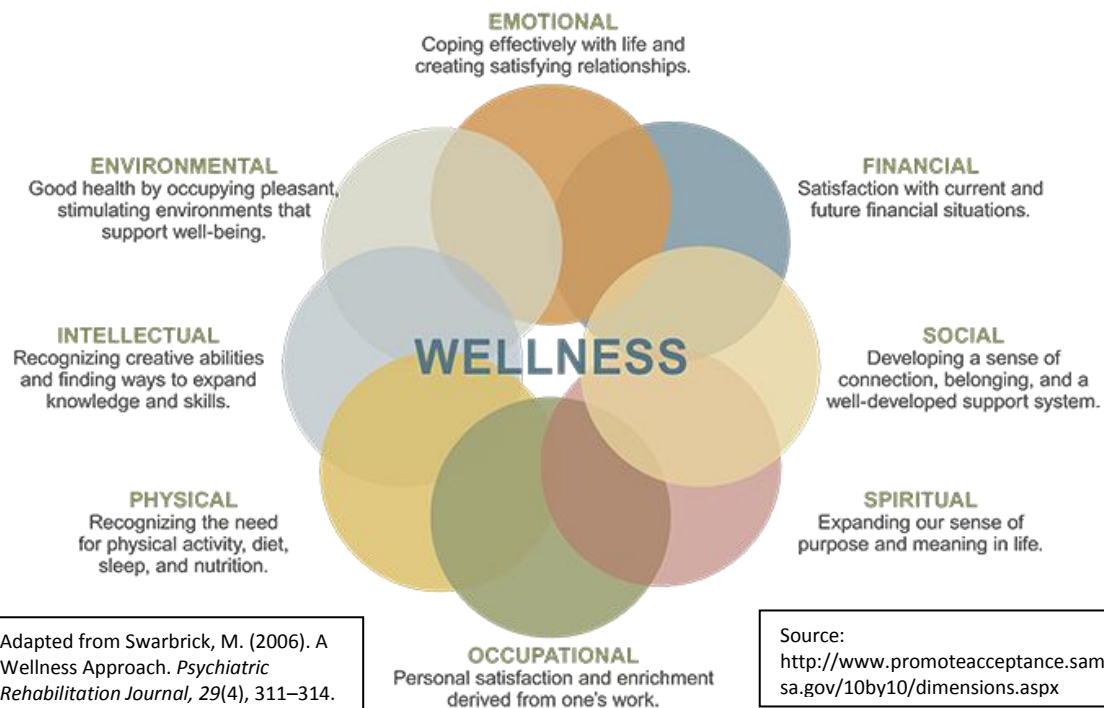
Promoting wellness that builds community, values individuality and fosters integrity.

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 about holistic wellness. As a certified worksite wellness specialist, Dr. Richardson offers a range of programming options and advocacy training workshops that highlight the business sustainability that wellness offers.

Utilizing a holistic approach to explore factors that threaten wellness, Dr. Richardson administers workshops that encourage healthy identity development, self-advocacy, and cultural competency as a means of 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 universities and international educational nonprofit organizations in Houston, Texas, Birmingham, Alabama, Washington, DC, and Fairfax, Virginia. In addition, she served as a Presidential Management Fellow with the United States Department of Treasury. As an instructor, she developed and taught college courses on conflict resolution, diversity, leadership, and academic potential. Dr. Richardson's current initiatives focus on the development of strategic wellness programs. She is a compelling speaker who has presented both nationally and internationally.



Dr. Nadia Richardson is a Certified Worksite Wellness Specialist.

Dr. Richardson is an action-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 companies to foster employee 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 leadership, diversity and wellness. During the course of my career, I realized that wellness was often omitted from conversations related to diversity and cultural competency. Through Valenrich Wellness, it is my goal to create awareness of and support for holistic wellness as a means of personal sustainability and life balance. By administering programs and workshops that focus on cultural factors that perpetuate mental health stigma and threaten holistic wellness, I hope to dismantle the barriers that prevent individuals from taking advantage of available and appropriate 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 =



Designing Your Company Program:

Your company 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:

- ❖ Create a Corporate Culture of Wellness
- ❖ Wellness as a Business Sustainability Strategy
- ❖ Dismantling Barriers to Mental Wellness
- ❖ Including Disability in the Diversity Discussion
- ❖ Supporting the Unseen: Fostering Advocacy for Mental Illness
- ❖ Gender Differences in Coping with Mental Health Concerns
- ❖ Strategies for Establishing Mental Health Advocacy Training Programs
- ❖ Mentorship and Mental Wellness

Dr. Richardson has the ability to adjust her workshops in a way that maintains effectiveness and motivates all participants to think about mental illness, holistic wellness 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 dynamic speaker
with a contagious charisma.*

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

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 more information please contact:

Nadia M. Richardson Ph.D.

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