

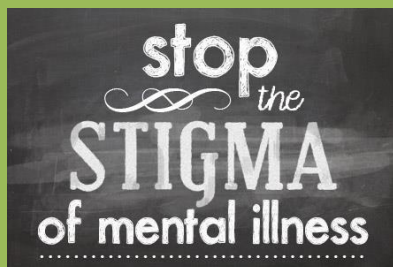
In order to promote wellness that builds community, values individuality and fosters integrity, Valenrich Wellness showcases the experience and expertise of individuals who are committed to promoting holistic wellness.

Through the Valenrich Wellness Speakers Bureau, our engaging speakers share their unique understanding of wellness as well as their first hand experiences to encourage dynamic discussions. Explore our list of speakers and select one to creatively create an unforgettable event.

Your program may be tailor designed to a specific type of audience or to address a particular wellness issue.

Possible Topics or Events Include:

- * Leadership
- * Self-Esteem
- * Civic Engagement
- * Self-Advocacy
- * Women's Empowerment
- * Diversity and Social Justice
- * Health Promotion
- * National Mental Health Awareness Month
- * National Minority Mental Health Awareness Month
 - * African American History Month
 - * National Women's History Month
 - * Caribbean American Heritage Month



For more information, please contact:

Nadia M. Richardson, Ph.D.

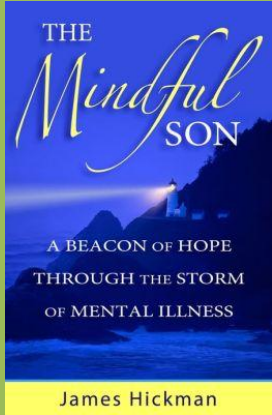
Founder and Wellness Consultant, Valenrich Wellness, LLC

205.440.2837 | info@valenrich.com | www.valenrich.com



Valenrich Wellness Speakers Bureau

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



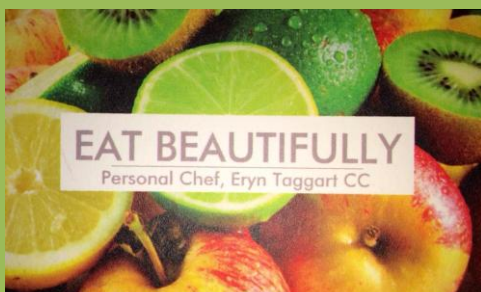
James Hickman is a keynote, motivational, and inspirational speaker, specializing in mental health topics. Living successfully with schizophrenia, he is the author of *The Mindful Son: A Beacon of Hope through the Storm of Mental Illness*. Drawing on his experiences in overcoming poverty, illness, and challenges in caring for his family, Hickman shows his audience how to unlock their full potential and overcome any obstacle. A Licensed Certified Social Worker, James currently serves on multiple boards that champion mental health.



In the Fall semester of 2012, Ashley Nash and Amber Mondane created a video for a class project. A candid and revealing confession of their attempts at suicide, the video was later posted on YouTube and sparked a powerful conversation amongst viewers who were moved by their story. Forever changed by their video's response, Ashley and Amber now travel the country sharing their story and providing advice on how to overcome traumatic experiences by committing to a life with purpose.



Susan Hart is a Licensed Professional Counselor and Certified Counselor Supervisor. For almost 20 years, she counseled university students in various capacities; including Director of the University of Alabama at Birmingham (UAB) Counseling and Wellness Center. Currently on track to earn her certification as a Daring Way™ Therapist, Susan offers group programs exploring Brene Brown's revolutionary work on courage, connection and vulnerability. Committed to volunteerism, she has traveled to over a dozen countries with a training and relief organization, assisted the Birmingham (AL) Red Cross with Hurricane Katrina interventions and most recently traveled to Fiji to teach life skills classes to women rescued from sexual trafficking.



Chef Eryn Jackson is a personal chef and life enthusiast in the Washington D.C. metropolitan area. She seeks to share her passion for food while empowering others to take care of themselves one meal at a time. Chef Eryn promotes holistic living and communicates the benefits of cooking with fresh, organic ingredients through her savory dishes. Her mission for promoting wellness will be featured in her forth-coming book titled 'Eat Beautifully'.