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LATISHA B. RUSSELL

TRAUMA INFORMED COACH-
SPEAKER - AUTHOR

www.latishabrussell.com



MEDIA KIT



ABOUT LATISHA B. RUSSELL

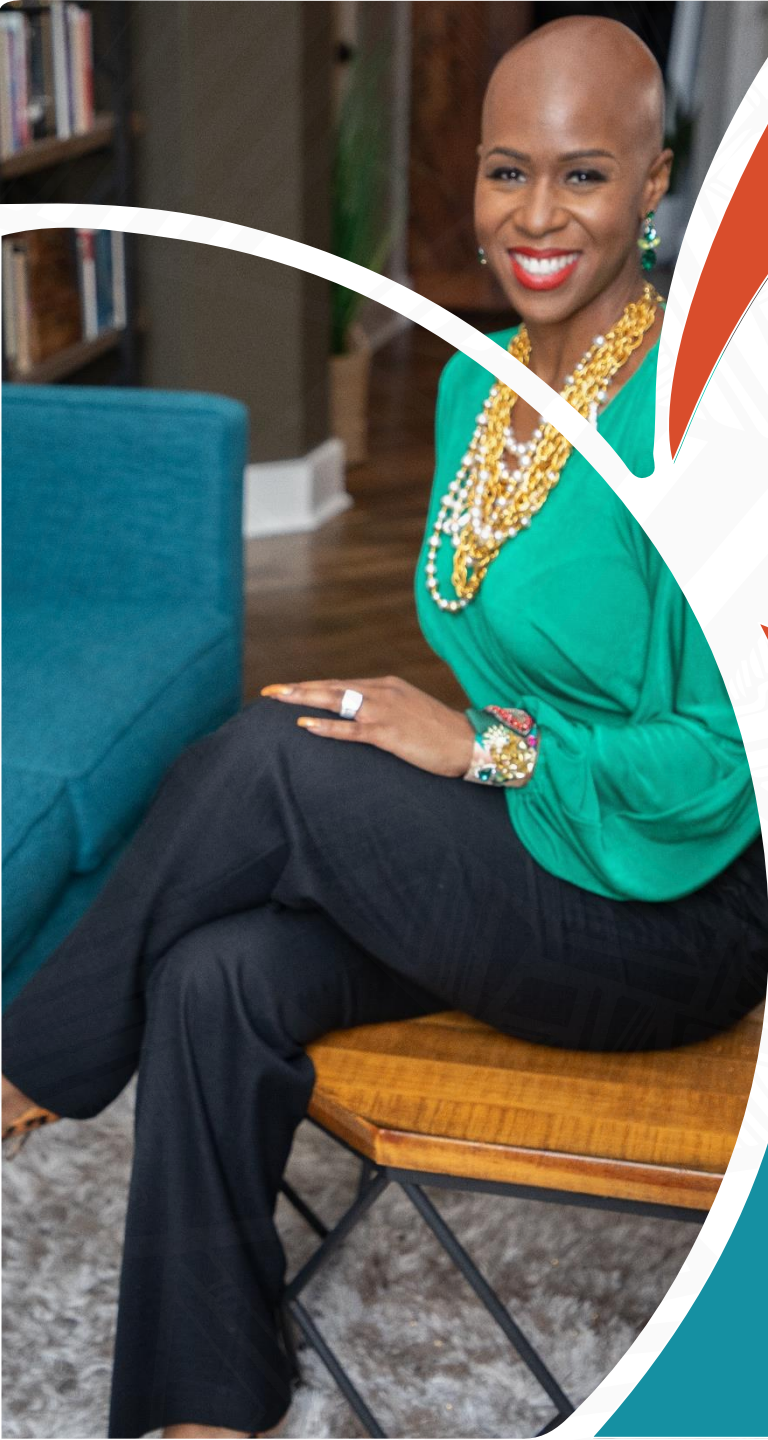
Trauma-Informed Life Coach. Leadership Coach. Author. Transformational Speaker. Trauma Survivor. Latisha B. Russell has many titles, but her superpower is simple: being a woman. As the founder of Latisha B. Russell LLC and the co-founder of HR consulting firm Russell Craigwell, Latisha is an expert with over 15 years of experience transforming the lives and careers of everyday women and corporate executives so they can overcome past trauma, confidently tackling their biggest challenges and thrive in the workplace and at home.

You see, if there's one thing Latisha knows, it's that emotional wellness is mandatory for women to become their best selves. That's why corporations rely on her to coach and workshop with their top executives to reduce turnover and ensure they can lead through uncertainty with resilience, whether through trauma-informed mental health, wholeness, or emotional well-being techniques. And for the individuals she coaches, Latisha's lived experience as a trauma survivor means she knows exactly how the past can hold women hostage and more importantly, what steps they need to take to break free and create a better future.

Latisha is the one you can rely on to powerfully move any audience to action – especially when it comes to cultivating confidence in careers, authenticity in the workplace, and going beyond healing to tell your story.

Healthy Blue of Blue Cross Blue Shield, Alliance of Women in Workers' Compensation, Dekalb County, and Central Gwinnett High School are among the organizations that have all turned to Latisha's speaking prowess and riveting presence to coach, motivate and inspire audiences.

While Latisha's superpower is orchestrating her clients' next breakthroughs in coaching sessions and boardrooms, she's most proud of her own journey to becoming an author and the woman she was looking for in the middle of her personal storm.



MOST REQUESTED TOPICS & WORKSHOPS:

TOPIC 1: MORE THAN MY STORY

One woman's journey toward overcoming child sexual abuse, healing relationships, and reclaiming her power.

TOPIC 2: CULTIVATING CONFIDENCE IN YOUR CAREER AND BEYOND

Figuring out where your passions and talents are is critical to becoming your most confident self at work.

TOPIC 3: LEADING THROUGH UNCERTAINTY

How to embrace change and build resilience. In this talk, Latisha discusses the strategies for leading through times of uncertainty. Latisha facilitates an impactful discussion on how to turn challenges into opportunities so that we can continue forging ahead and leading others too.

TOPIC 4: A DIFFERENT REALITY

The Future of mental health and well-being. As we continue to shift to our next normal, it's imperative that we direct our focus to our mental health and well-being of ourselves. Latisha helps you navigate and discover the importance of self-care and actionable takeaways to improve.

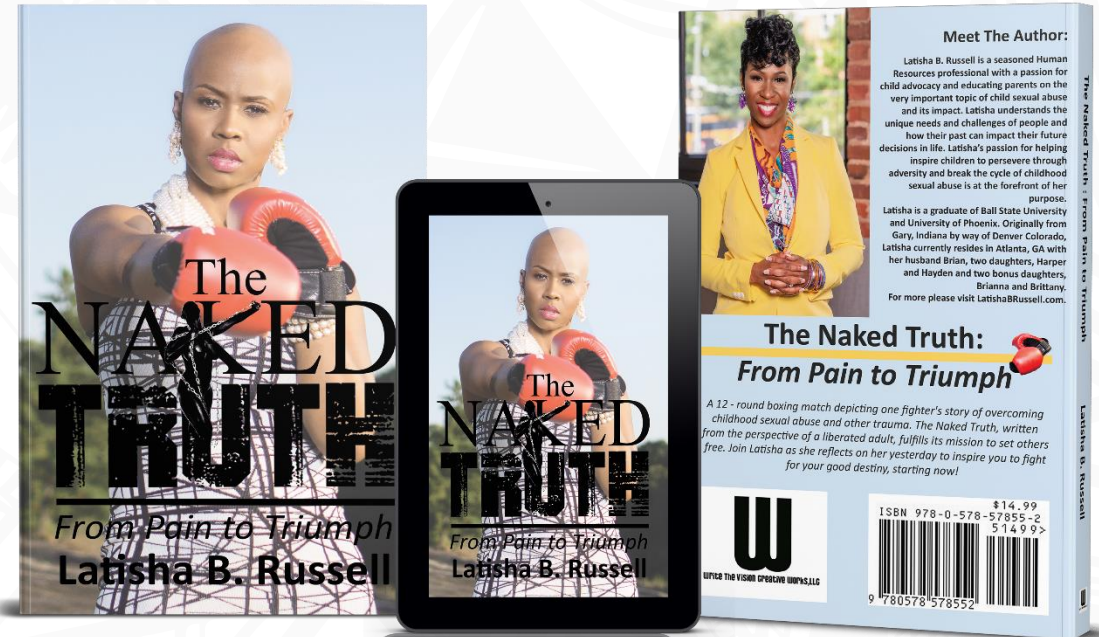


PREVIOUS SPEAKING ENGAGEMENTS AND PARTNERSHIPS:



“There can be no keener revelation of a society’s soul than the way in which it treats its children.”

— Nelson Mandela, former President of South Africa, civil rights champion, global ambassador

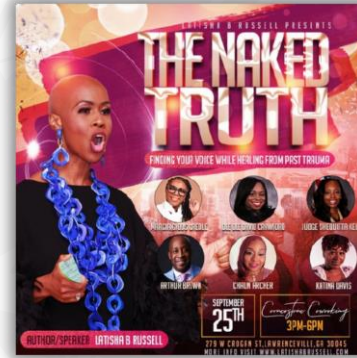




MY MISSION

As a two-pronged approach: We help individuals and organizations make the most of change. Our method is to help our clients achieve personal and professional goals by quantifying obstacles to success. We also help individuals affected by trauma navigate the way they see themselves, create lasting change through a new lens and speak loudly about who they are meant to be.

FEATURED IN



TESTIMONIALS

"Latisha's story of triumph over adversity and the importance of resilience in pushing for success were extremely well received at our event."

Ann Webb

"She is a brilliant speaker - the audience was completely engaged, inspired, and ready to take action for change."

Marshyl Cloward

"She was fantastic and very inspirational. We received excellent feedback from staff across our locations."

Dr. Janice Handy



"Latisha Russell is a phenomenal speaker with an awesome personal testimony! If you are looking for a speaker to keep an audience engaged, and ultimately leaving with a message of encouragement, then she is your perfect match! I recommend Latisha as I know she will meet your expectations just as she did for our mentoring organizations, The Journey."

Tina Washington

Latisha is a great speaker who connects with her audience. Her style is authentic and engaging. She has the ability to connect through her story and in turn, help others connect with their own stories. Latisha is a great speaker to book for an event, she is able to tap into the audiences experience and allow them to re-evaluate their life choices.

Gracen W.

Latisha is a rare gem. She has a way of pulling you in and creating a space for you to be open and honest about your own experiences. She has such a natural gift for bringing people together, and I strongly recommend her as a speaker!

Tracey D.

CONTACT INFO

THANK YOU



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