



DR. JAMILA YOUNG PHD

Licensed Clinical Psychologist, Speaker, Wellness Enthusiast

Dr. Jamila Young is an accomplished licensed clinical psychologist. She earned her BA in Psychology from the esteemed Emory University in Atlanta, GA, and her PhD from Loyola University Chicago. She is a trained couple's therapist and has a thriving private practice serving adults and couples in California and Washington DC.

Through her clinical work, she has become passionate about broader relationships, focusing on the most complex. Her relational work centers around education, increased awareness, empathy building, improved communication, and restoration of the most challenging relationships.

SPEAKING TOPICS:

Diversity, Equity & Inclusion in the Workplace

A guided and candid discussion exploring racial diversity and inclusion in the workplace. Participants will engage in perspective taking and goal-setting exercises to facilitate education around bias, building empathy, and neutralizing bias. Self-reflection and mindfulness for further thought provocation and mood restoration to conclude.

Queens Raising Queens: Pride & Plight

Explore the complex relationships between mothers and daughters. Learn how to improve and enhance communication and deepen your relationship

Wellness & Mindfulness

A discussion around the importance of wellness. Engage in wellness and mindfulness practices for restoration. Example activities include: "peaceful planting," mindful meditation, yoga (modified chair yoga), gratitude journaling, reflective journaling, etc.

PRAISE FOR DR. YOUNG:

"My staff and I benefited greatly from Dr. Young's wellness seminar and will have her return. Her impact was a shared consensus, and the morale and productivity boost thereafter was phenomenal." — Dr. S. McGowan, Owner, Windy City Pain Relief.

"Dr. Young is a dynamic and captivating speaker and storyteller. She is a staple at our mother-daughter retreats, as her ability to connect with participants and assist in unpacking their relationship concerns is second to none." — Jarell Oshodi, Esq., Owner & Creator, Seven Well Retreats.

"Dr. Young created a safe environment for Black and non-Black colleagues to engage in dialogue around race and diversity in a tech workspace where Black talent is significantly underrepresented. Her workshop sparked unprecedented conversation, and was the impetus for diversity training for Salesforce employees at large. Dr. Young was so impressive, she is now a preferred psychological consultant for the company." — Boldforce at Salesforce SoCal President

BOOKING INFORMATION:

90-minute Workshop - \$1,000

Half-Day Seminar (3-4 hours) - \$2,500

Full-Day Seminar (6-7 hours) - \$5,000

Rates do not include transportation and accommodations.

For more information on Dr. Young's presentation topics or to partner with her for your next event, please contact at:

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