

Latasha Matthews, LPC

International Speaker | Trainer | Consultant | Author
Chief Wellness Director of Why 2 Live Well

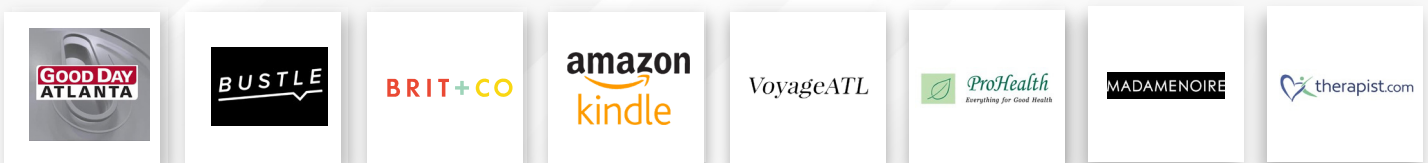
SPEAKER BIO

Latasha Matthews is a highly regarded Licensed Professional Counselor (LPC), a distinguished wellness expert, and inspiring speaker and trainer, a trusted consultant and an accomplished author. With profound dedication to empowering individuals and organizations, Latasha Matthew’s work centers on critical domains of boundary setting, equity and burnout management and self-care.

CURRENT AND PAST CLIENTS



AS SEEN ON





SPEAKING TOPICS

KeyNote

- Empowerment Through the Active YES: Setting Boundaries as a Self-Care Resource.
- Creating a Culture of Belonging: The intersection of DEI and Wellness
- Navigating Burnout: Are you ok? Strategies for well-being and Resilience

WHAT PEOPLE ARE SAYING

- Latasha is a creative visionary. She helped our organization. Global Partnership Atlanta, GA
- Latasha Helped us understand the importance of Emotional Wellness in the Church Pastor, Dallas TX.
- Latasha created a safe space for our sta to be vulnerable and gain insight to heal Clarke County School administrator
- Latasha dynamic training experience. Latasha took a risk to be vulnerable and authenticity which fostered growth for participants
- Workshop participants, Thousand Oaks, CA

SOCIAL MEDIA LINKS

- 🌐 www.latashamatthews.com
- 📷 www.instagram.com/latashamatthewsspeak/
- 📘 www.facebook.com/why2livewell
- 🌐 www.linkedin.com/in/why2livewell/
- 🎵 www.tiktok.com/@latashaspeaker

Workshop Topics

- Conquer Imposter Syndrome: Elevate your Workplace Success
- Cultivating Workplace Empathy: The art of Perspective-Giving
- Empathetic Leadership: Navigating Trauma Informed Practices
- Fostering Emotional Intelligence: Empowering Leaders and sta

BOOKING INFORMATION

- 📅 <https://calendly.com/why2livewell>
- 📩 <https://why2livewell.com/contact-us/>