

LA'TOYA NICOLE EDWARDS

THERAPIST. CONSULTANT. SPEAKER



SIGNATURE TALKS

Holistic Mental Health
Mental Health in the Black Community
Mental Health & the Black Woman
Anxiety, Depression, and Trauma
Perfectionism
Self Care
Work-Life Balance
Imposter Syndrome: How to Identify and Overcome
Unpacking Issues Millennials & Young Adults Face
Self-Care and Healing for Leaders
Cutting Ties in Unhealthy Attachments
Gaslighting: Signs of Abuse and Steps to Heal
The Whole Soul Partnership: Prayer & Therapy
Extrovert's Guide to Surviving Quarantine
Athletes and Mental health

FEATURED ON & COLLABORATIONS



THE HOLISTIC ADULTING THERAPIST

La'Toya "Nicole" is a Licensed Clinical Social Worker, Reiki Master, Clinical Hypnotherapist, Register Yoga Teacher, Brainspotting Consultant, and Approved Clinical Supervisor with over 10 years of Administrative and Clinical experience in behavioral science, clinical social work, adulting, and the healing arts. La' Toya's passion is to help Millennials and Gen Z go from surviving to thriving so that they can heal from past trauma, anxiety, and impostor syndrome.

As a consultant, La' Toya has helped companies of all sizes create, develop, and implement programs to address employees' and consumers' mental health and wellness, clinical manuals, assessments and streamline ways to prevent burn-out and office cohesion.

As a speaker, La' Toya meets her audience on a soul level, human to human, where they are for who they are now and who they desire to be. As a spokeswoman for holistic change, she has crafted three categories from which she delivers sage (cleansing and affirming) talks and workshops—taking the guesswork out of the hard work of being an adult.



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