

Thecia Jenkins
Consultant | Coach | Speaker



2024
Programs & Consulting

ABOUT THECIA

Consultant | Coach | Speaker

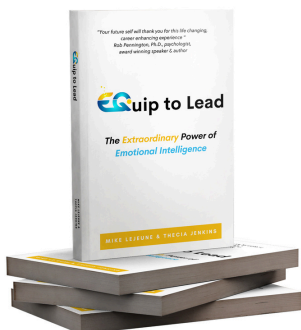


Certified EQ Practitioner

Thecia Jenkins is an international speaker, consultant, and author teaching non-profits and small businesses to equip their leadership and teams to deliver client services that are affirming and inclusive while also building self-care for themselves.

Thecia is a certified emotional intelligence practitioner and behavioral consultant and has over twenty-five years in social services as a program and human resource director. Her background includes developing and delivering professional development to law enforcement, healthcare, higher education, victim and social service professionals on cultural competence, gender-based violence, emotional intelligence, and communication.

Thecia was a consultant on The Book of John Gray, a reality television show on the Oprah Winfrey Network, as a sexual assault expert. She has consulted in West Africa and Trinidad and Tobago for educators, ministers and victim advocates. She has authored and co-authored four books which are available on Amazon.com.



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**SIGNATURE
WORKSHOP PROGRAMS**

EQuip To Lead

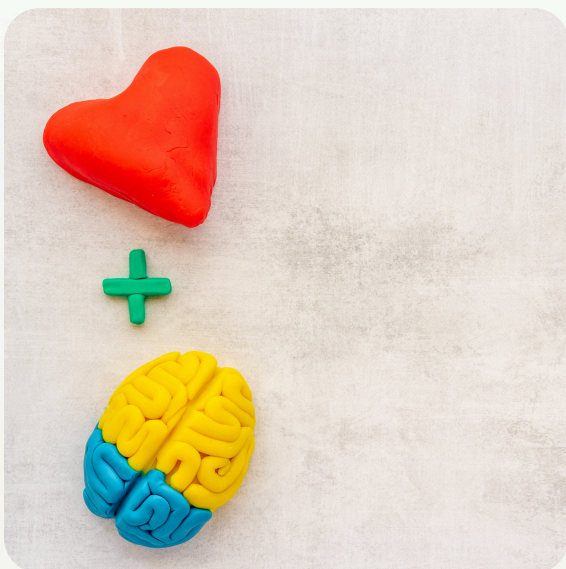
The Power of Emotional Intelligence

DESCRIPTION

The workplace has changed.

Prior to March 2020 about one in two people experienced a trauma in their life, however, as we move through a pandemic everyone has been touched by trauma. What does that have to do with the workforce and leadership, it has everything to do with how the workforce sees themselves, copes with challenges, their ability to connect with one another and embracing diverse perspectives.

This signature program introduces emotional intelligence as a tool to build both professional and personal competencies that lead to a workplace that seeks to support and empower its team members. This also engages both the business and the human component of the workplace.



Length: Half/Full Day or Keynote)

Objectives:

- 1 Define and discuss history of emotional intelligence and its benefits for individual and organizational development.
- 2 Assess current emotional intelligence skills and identify areas for development.
- 3 Discuss the five domains of emotional intelligence and identify key skills to enhance teambuilding, leadership and personal development.
- 4 Demonstrate ability to develop and implement a personal/professional development plan by creating a strategy to increase emotional intelligence through a teach-back session.

Benefits

- 1 Identify, manage and adapt behaviors so that you are able to effectively lead yourself and others.
- 2 Manage change and embrace a "growth mindset" to address challenges and increase a culture of innovation.
- 3 Use empathy as a tool to create stronger connections to increase appreciation for diversity.
- 4 Use empathy as a tool to create stronger connections to increase appreciation for diversity.

Beyond Diversity

Diversity, Equity and Inclusion

DESCRIPTION

Our world is increasingly becoming more and more diverse. For the first time in history there are four generations occupying the office spaces in the workplace, individuals from around the world have instant access to those who are thousands miles across the globe with the click of an application on a Smartphone and the nuclear family as we know has evolved. What does this mean for business and organizations? It is a challenge to harness all the great talent by doing business as usual; the successful business or organization will go beyond diversity 101 to attract, retain and grow their workforce or association to ensure the farthest reach of their mission.

Objectives:

- 1 Define cultural competence.
- 2 Discuss the five steps to prepare for a culturally competent organization.
- 3 Identify and discuss the six levels of cultural competence.
- 4 Identify and discuss the six levels of cultural competence.

LENGTH: Half/Full Day Workshop or Keynote

Beyond Diversity

Diversity, Equity and Inclusion



Benefits

1

Examine value and belief systems and how they influence daily interactions with peers and subordinates.

2

Take initiative in leading conversations and decisions that lead to team members feeling heard and seen.

3

Acknowledge the full spectrum of how diversity is expressed in the workplace and the benefits.

4

Confidence in your specific skills and how your background is important to the team.



Let's Talk

CONTACT INFO



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