



dream life out loud
Psychotherapy | Coaching | Consulting



CONSULTING & WELLNESS WORKSHOPS

With a multidisciplinary clinical approach to mental health and a robust corporate background, Danielle Jenkins Henry specializes in delivering dynamic wellness workshops that drive awareness, inspire courage, and empower individuals to lead lives of greater joy. Our mission is to address the pervasive impact of productivity culture and dismantle systems of oppression within both personal and professional spaces. Through carefully designed programs, we amplify efforts to foster equity, eliminate bias, and challenge discrimination, creating lasting change in our communities.

SIGNATURE WORKSHOP TOPICS

Keynotes & Talks | Workshops & Seminars | Podcasts | Panel Discussions Facilitator/Moderator

Breaking Down Mental Health Stigma

Examines stigma and how it serves to maintain oppression.

Imposter Syndrome

Adaptive strategies and tools for overcoming limiting beliefs.

Burnout

Tools to identify symptoms of burnout and preventative practices to manage stress.

Productivity Culture & White Supremacy

Explores systems, frameworks and systemic outcomes.

Microaggressions in the Workplace

Explores types and symptoms resulting from microaggressions.

Decolonizing Mental Health

Training seminars to dismantle colonized approaches in therapy.

Brave Spaces > Safe Spaces

Explores bravery, safety, and where implications of safety fall short.

Psychological Safety & Emotional Regulation

Tools to modulate emotions with effectiveness.

Workplace Boundaries

Participants will learn tools to establish workplace boundaries.

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