

### My Story

I am a trained neuroscientist, cell biologist, and translational researcher. I'm also a Senior Principal Facilitator with the National Research Mentoring Network (NRMN) and the Center for the Improvement of Mentored Experiences in Research (CIMER), where I lead in-person and virtual workshops for both mentors and mentees across career stages and disciplines nationwide. I'm most passionate about establishing a new natural state and blueprint for my lineage and legacy with ease, joy, and abundance. As the first in my family to graduate from high school, I learned a lot on my own, through trial and error, and with the support of effective mentors on how to best navigate the higher education and life science career spaces. I never want anyone to navigate their educational or science career alone and am committed to sharing my path as a model of what's possible. My mission is to build up leaders, early career scientists, and thriving employers in scientific fields through holistic, inclusive mentorship development. Since 2016, I have worked with over 100 colleges, universities, non-profit organizations, federal agencies, medical institutes, and even those in the private sector to support culture shifts in work environments and to navigate conversations about culture, inclusivity, accessibility, and education for research scientists, executive leadership, students, and the general public. My curricular expertise includes Entering Mentoring, Facilitator Training for Entering Mentoring, and Culturally Aware Mentoring (CAM).



# Because We Are All Scientists!

My mission is to provide quality, evidence-based best practices and resources in order to advance collaboration, mentorship, access, and interdisciplinary research to historically underrepresented individuals in science, technology, engineering, math, and medical (STEMM) fields. My vision is a world where leadership is reflective of our country: diverse and transparent, heart-driven, and an infusion of humanity that is very evident. We can shape this culture through intentional approaches from the top down, bottom up, and across. Each of us plays a vital role in building and growing a collaborative and communal society. Each and every role matters...because we are all scientists!



## MY SERVICES

# Consultation: \$375/hr

Begin with (1) hour of personalized coaching with your leadership team to refine your specific objectives and goals. You will walk away with 3-5 immediate action items to directly support you in achieving your specific objectives and goals. Additional hours can be scheduled for other projects or group-specific needs.

#### Training Workshop: Starting at \$10K-\$20K

Facilitated workshops using an evidence-based, data-driven curriculum. We will engage in experiential, process-based group learning. Our goals will include: defining your mentoring philosophy, improving communication within your mentoring relationships, and implementing strategies to thoughtfully engage in conversations around equity and inclusion. All training sessions will have a 24 participant max and range from 4-8 hrs depending on the goals, needs, and budget of your organization.

#### Keynote Presentation: Starting at \$2K-\$10K

Gain an engaging commitment to a culturally inclusive environment. We will increase awareness from a culture of silence, understanding the importance of mentorship and engage in conversations about differences. Keynotes can be scheduled in-person or virtually, based upon your needs or budget.

#### Mastermind Academy: Starting at \$30K

Gives you the strategies to build scalable, sustainable mentorship programs within your organization.

This is an intensive workshop intended to build capacity through community and action planning to establish and launch sustainable models at your institution within 12 months. Individuals are recommended to come in pairs or groups. All training sessions will have a 24 participant max and range from 1.5-5 days, depending on the goals, needs, and budget of your organization.

## GET IN TOUCH



















