

**DR.**

# LASHAUNDA LUCAS

PhD, MSW, LCSW



**AUTHOR. SPEAKER. ENTREPRENEUR.**



**LASHAUNDALUCAS@GMAIL.COM**

**[WWW.DRLASHAUNDALUCAS.COM](http://WWW.DRLASHAUNDALUCAS.COM)**

# ABOUT DR. LUCAS

**Contact Dr. Lucas Today!**  
Email: [LashaundaLucas@gmail.com](mailto:LashaundaLucas@gmail.com)  
[www.DrLashaundaLucas.com](http://www.DrLashaundaLucas.com)

Dr. Lashaunda Lucas, PhD, MSW, LCSW, is a distinguished figure in the realms of mental health advocacy, entrepreneurship, and empowerment. As the esteemed founder of the **Black Mental Health Conference**, Dr. Lucas spearheads a nationwide initiative aimed at empowering and informing Black mental health professionals. Through her pioneering work, she seeks to foster culturally responsive practices and elevate the voices of underrepresented communities in mental health discourse. Drawing from her extensive expertise as a researcher, Dr. Lucas is committed to advancing the development of self-worth among Black women, utilizing her own journey as a source of inspiration and guidance. Additionally, Dr. Lucas leads impactful initiatives like Black Mental Health Conversations, creating vital dedication to fostering inclusive and transformative conversations has positioned her as a beacon of change and progress. Beyond her groundbreaking contributions to mental health awareness, Dr. Lucas is an author and the visionary force behind **Beauty Marks Counseling & Consultation LLC**, a thriving platform dedicated to supporting women in their personal and professional endeavors. Through this innovative venture, she provides counseling, education, and guidance centered around the pillars of self-esteem, self-discovery, and self-worth. Dr. Lucas's influence extends far beyond the confines of traditional settings, as she actively engages in keynote speeches, workshops, and sessions aimed at unpacking trauma and overcoming barriers to success. Through her multifaceted approach to empowerment, encompassing research, motivational speaking, licensure supervision, and organizational consultation, she continues to inspire individuals and communities alike to realize their full potential. Dr.

Lucas's unwavering commitment to amplifying marginalized voices and dismantling systemic barriers underscores her status as a true trailblazer in the field of mental health advocacy and empowerment.



# SIGNATURE KEYNOTES & PRESENTATIONS

## AWARD-WINNING SPEAKER & ADVOCATE FOR MENTAL HEALTH

### RAISE YOUR PRICE

"Raise Your Price" is a stirring call to action, challenging individuals to recognize and elevate their inherent value in the marketplace of life with an emphasis on emotional currency and drawing on the principles of economics. By empowering listeners to demand what they truly deserve, it ignites a powerful mindset shift towards self-worth and resilience.

### UNPACK YOUR S.H.I.T.

A transformative workshop that provides a therapeutic environment to explore behaviors and mindsets that impact relationships, self-love and self-worth through unpacking Shame, Hurt, Insecurities, and Thoughts.

### BLACK MENTAL HEALTH CONVERSATIONS

Black Mental Health Conversations is dedicated to breaking down barriers and facilitating essential discussions at educational institutions and organizations through a program designed specifically for universities, colleges, and businesses committed to addressing the critical issues surrounding Black mental health.



INNER BEAUTY EXPERT

2024's Top Rated Workshop  
★★★★★



MENTAL HEALTH ADVOCATE

#1 BLACK MENTAL HEALTH CONFERENCE



## BOOKING OPTIONS

### PANEL-STYLE

Panel appearances include sharing insights, experience and perspectives in a specific area of my expertise; often facilitated and led in collaboration with other panelists

### KEYNOTE

Keynote speaking opportunities take a deep-dive into specific topics of my expertise with a group (large or small) of individuals for development and inspiration.

### WORKSHOP

All workshops typically include a keynote speaking in addition to interactive sessions based on a specific topic and proposed outcome for the organization or team.

CUSTOM SEMINAR & WORKSHOP OPTIONS ARE AVAILABLE ON A CASE-BY-CASE BASIS.

# THE INVESTMENT

**Contact Dr. Lucas Today!**  
 Email: LashaundaLucas@gmail.com  
 www.DrLashaundaLucas.com

## “RAISE YOUR PRICE” Keynote

A Keynote booking includes:

- 30 Minute Keynote Session
- 15 Minutes of Q&A
- Meet and Greet Session

**CONTACT FOR PRICING**

## UNPACK YOUR S.H.I.T. Workshop

This workshop includes:

- Guided Facilitation of the Unpacking Method
- 60 Minutes of Q&A
- Meet and Greet Session Author
- Interaction: Book Signing

**CONTACT FOR PRICING**



## Black Mental Health Conversations

A BMH Conversation is a collaborative effort of your organization and the community that includes:

- 2 Hour Interactive Conversation with Panel of Advocates
- Live Q&A
- Meet and Greet Session

**CONTACT FOR PRICING**

## MEMBERSHIPS, PARTNERSHIPS & MEDIA AS SEEN ON / PARTNERED WITH



ForbesBLK

Alliance Health



HealthyBlue



Dixon Social Interactive Services

SPECTRUM NEWS SHAW UNIVERSITY 1865

Constellation Quality Health

40 YEARS Building On Our Legacy



Melanie UPLIFTING QUEENS

CONCIERGE FINANCIAL ADVISORY

SISTERS, LET'S GIV'EM 4 TO HEALING & EMPOWERMENT WOMEN'S EMPOWERMENT "Moving Forward in Excellence"



# MAKE THE CONNECTION. BOOK DR. LUCAS.

**DR. LUCAS IS ACCEPTING  
NEW BOOKING INQUIRIES!**

KEYNOTE & PANEL SPEAKING

UNPACK YOUR S.H.I.T. & CUSTOM WORKSHOPS

BLACK MENTAL HEALTH CONVERSATIONS

**[WWW.DRLASHAUNDALUCAS.COM](http://WWW.DRLASHAUNDALUCAS.COM)**

## STAY CONNECTED

