

“ The personal
decisions you
make today,
affect your future
tomorrow.”



Nyeesha Williams

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Educator & Mentor*

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ABOUT NYEESHA

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TOP RATED SPEAKER

Nyeesha is a highly-rated inspirational speaker with 20+ years of experience as a women's wellness practitioner and educator. Nyeesha works with individuals, groups, and organizations to amplify their authenticity and inspire them to become better versions of themselves. Nyeesha is a recent graduate of Harvard University, an accomplished author, and the Founder of Sacrit Arts Academy & Serenity And Oasis, a virtual holistic community for BIPOC mothers.

CLICK HERE TO
VIEW REEL

SPEECH TOPICS

- WOMEN EMPOWERMENT
- WELLNESS & SELF-CARE
- MANAGING ANXIETY & STRESS
- BEING YOUR AUTHENTIC SELF
- PRIORITIZING MENTAL HEALTH
IN THE WORKPLACE
- (TEEN) SOCIAL EMOTIONAL
LEARNING

Career HIGHLIGHTS

As a professional, Nyeesha seeks to be that kind of support system and cheerleader for other women who are in the same situation she was in decades ago. She also travels extensively around the country and other parts of the globe, holding workshops that aim to educate women, men, and children about the importance of mental health and wellness and its direct correlation to proper personal and professional growth. As an author, Nyeesha's goal is to craft more interactive and guided books that help people in her community to survive, heal, and thrive.

Books available on Amazon or NyeeshaWilliams.com

Women Leader of The Year
Best Business Influencer
SEL Coach of 2022

Rutgers University
Hey Mama Co.
USA Today

Trauma-Informed Facilitator
Cognitive Behavioral Coach
Diversity, Equity, & Inclusion



COMCAST
RISE



iHeart
RADIO



Audience STATS



25 - 52
AGES

75%
FEMALE

3000+
FACEBOOK FOLLOWERS
@NyeeshaD

18.9k
INSTAGRAM FOLLOWERS
@NyeeshaD

2k
LINKEDIN CONNECTIONS
@NyeeshaD

1k
YOUTUBE SUBSCRIBERS
@NyeeshaD

young
ENTREPRENEURS

women
LEADERS

300+
CLIENT
REVIEWS

3,545
EMAIL
SUBSCRIBERS

10,000
BOOK
SALES

SIGNATURE KEYNOTES



FORGIVENESS: 8 STEPS TO GET THERE

Everyone has been hurt in relationships. Few people are able to let that pain go so they can move on with their lives without the past mudding their joy. One area that can make it difficult to release the past is the misunderstanding of what forgiveness is. People often think forgiveness absolves the other person of anything that happened. You'll discover this is incorrect.

YOUR VOICE IS YOUR SUPERPOWER

Imagine a world where you pushed through the idea that your voice no longer matters. Now imagine this new world shifting, changing, and evolving all because you decided to finally speak up. You've learned to speak up about your truth, your healing, your idea of community, and the power of togetherness.

JOURNALING THROUGH WOMANHOOD

Despite the driving growth in the workforce, women of color face persistent challenges to full participation in the economy. Learn effective ways to work through these disadvantages and journal through the frustration and pain.

DIVERSITY, EQUITY, & INCLUSION

Gain a deeper understanding of the role of Diversity, Equity, and Inclusion and the lasting impact that it has on your community and the world at large.

WORKSHOPS -

Each workshop is broken down into 60-90 minute intervals. There must be a minimum of 10 attendees and a maximum of 50 attendees.

*1 Forgiveness • 2 Superpower
3 Journaling Thru Womanhood •
4 DE&I*

AVAILABLE FOR -

- Keynotes
- Conferences
- Retreats
- Podcast Interviews
- College Workshops
- Webinars
- Telesummits

Past Client REVIEWS



Reading her words and learning that she herself experienced and overcame certain traumas like me is reassuring and her transparency is refreshing. Nyeesha has used her life as a textbook that comes from a real place and now this book is just another sign of her growth.

TAMIKA SMITH



Her advice is so genuine and you can feel it through the phone during your telehealth session. Not only is it genuine but straightforward as can be. I may not have wanted to hear what she had to tell me, but I needed to receive it for my growth.

SERENA OHAYU



Super thankful that I had an opportunity to work with Nyeesha! She was able to help me get clarity on my "Why behind my business", and "What role I place in my business" and build better awareness of my business. I feel empowered to re-brand and run my company the way I've always envisioned it to be.

JAMAL BANGURA



As a teenager who lives in the inner city, it seems so difficult to connect with teachers. Nyeesha entered the classroom and I immediately felt seen although we do not look alike. I just felt she understood me, I guess.

HASAN RANDOLI

I learned to be more positive, productive, and grateful for things I never thought about. I was able to read a new inspirational message every morning and it helped me start each day in a happy mood. I was able to make new goals for myself, and have a stronger growth mindset.

STUDENT- YOUNG WOMEN'S PUBLIC SCHOOLS

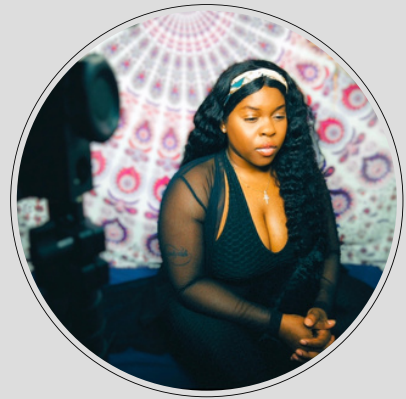
What others are saying...



BOOKING

LET'S CONNECT!


Thank you for considering
Nyeesha Williams for your next speaking
presentation!





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