

PAMELA ANTOINETTE, PH.D.

Writer, Speaker, Inspirationist



Workshops, Presentations & Trainings:

Topics are never set in stone. All can and have been modified to meet the needs of the particular group. It is also encouraged to work with Dr. Pamela to develop a session from the ground up with a topic of your choosing. Here is a list of those that have already been done:

Title: I'm a Strong Mom!

Topics: Single moms workshop - goal setting/life improvement

Type: 2-hour workshop

Target Audience: Teenage girls (pregnant or with kids)

Title: It's My Life and I Love It!

Topics: Self-esteem, college aspirations, relationships

Type: 1 day conference

Target Audience: Teenage and young adult women

Title: Inspired to be the First

Topics: Needs and characteristics of first-generation students

Type: 1-2 hour presentation

Target Audience: Educators, scholars, parents and students

Title: Success Strategies for First-Generation Doctoral Students

Topics: How to successfully navigate through a doctoral program

Type: 4-hour workshop

Target Audience: First-generation and underrepresented doctoral students

Title: 10 Ways to Make it to College (*full list of pre-college workshops available upon request*)

Topics: How to motivate and prepare a child for college, what parents need to know, how to best position oneself for success, returning to college as an adult

Type: Workshops ranging from 2-8 hours (also one-on-one consulting)

Target Audience: Parents, educators and prospective students

Title: Our Duty as Educators: Dignity and Service for All Students

Topics: Cultural competence, human dignity, social justice

Type: 4-8 hour workshop/training

Target Audience: Educators

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For bookings, contact:

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Title: It's Your Life, Live It!

Topics: Leadership development, life purpose

Type: Workshops ranging from 2-8 hours

Target Audience: High school and college students

Title: Civil Rights Pilgrimage

Topics: Civil rights, social justice, human dignity, integrity, leadership

Type: 4-day excursion

Target Audience: College students

Title: Empowerment Through Reintegration

Topics: Trauma, recognizing when to seek help, restoring hope, compassion fatigue, family unity

Type: 8 hour workshop

Target Audience: Family members and caregivers of returning service members

Title: WILD (Women in Leadership and Diversity)

Topics: Personal leadership development, women's empowerment, life purpose

Type: 2-day workshop (two 8-hour sessions)

Target Audience: Female high school and college students

Title: Empowered Writer Workshops

Topics: A variety of fiction, non-fiction, or research writing workshops

Type: Varies, but usually 2-hour workshop

Target Audience: Ages 16 & up, depending on topic

Title: The Spirit of Love

Topics: Moral leadership, life purpose, human dignity, interpersonal relations

Type: 2 hour workshop

Target Audience: College students, young adults

Title: Build Your Wings and Fly: Healing for the Broken-Hearted

Topics: Refocusing, rebuilding, and reliving after the difficult ending of a relationship

Type: 2-hr Discussion circle or workshop

Target Audience: Women and men who have experienced the ending of a long-term relationship

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