

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:

LEADERSHIP AND SELF-IMPROVEMENT

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: 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: 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

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For booking, contact:

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COLLEGE ACCESS AND SUCCESS

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*](#))

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

Title: We Who Hold the Keys: How PreK-12 Leaders Create College-Going Environments that Nurture Strengths and Hope for the Future

Topics: Cultural competence, human dignity, social justice

Type: 4-8 hour workshop/training

Target Audience: Educators

SERVICE MEMBER REINTEGRATION

Title: Empowerment Through Reintegration: UNDERSTANDING TRAUMA AS IT RELATES TO NURTURING SELF-MOTIVATION, HOPE, AND RELATIONSHIP-BUILDING IN RETURNING SERVICE MEMBERS

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

Type: 8 hour workshop or 2 hour workshop

Target Audience: Family members and caregivers of returning service members

Title: Switching Hats: The Adjustment to Campus Life After Returning From Combat

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

Type: 8 hour workshop or 2 hour workshop

Target Audience: College counselors, faculty and student affairs administrators





LOVE AND RELATIONSHIPS

Title: The Spirit of Love

Topics: Moral leadership, life purpose, human dignity, interpersonal relationships, spiritual love

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

Title: How Students Deal with Heartbreak-Related Depression and Unhealthy Relationships

Topics: Depression, heartbreak, identifying signs, assisting students with recovery rebuilding

Type: 2-hr Discussion circle or workshop for professionals or peer-to-peer session for students

Target Audience: College counselors, faculty, student affairs administrators and students

Title: Staying on Top of the Dating Game

Topics: personal dating standards, interpersonal relationships, love, self-awareness, safety

Type: 2-hr Discussion circle or workshop

Target Audience: college students, youth, young adults

Title: Lessons From a Hopeful Romantic: Dating After 30

Topics: personal dating standards, interpersonal relationships, love, self-awareness, safety

Type: 2-hr Discussion circle or workshop

Target Audience: adults, professionals, single parents, recent divorcees

Pricing Information:

For pricing information, please contact James R. Jackson via email or phone at:

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