

# Kimberly

## MAYES, LCSW



### THERAPIST | SPEAKER | AUTHOR

## About

*Kimberly*



@kimeberlyrenay



Kimberly R. Mayes, LCSW

Kimberly's speaking topics focus on the needs of her ideal client - identity, self-care challenges, boundaries, trauma, finding one's voice in the workplace & developing a healthy relationship with self & others. Kimberly focuses on supporting her clients develop self-care routines for their mind, body & spirit to improve the foundation of their lives. All of her speaking topics can be adjusted to fit the needs of her audience/the organization. Kimberly has over 15 years of experience in the social work profession & providing therapy to clients.

### SPEAKING TOPICS

- Black Women & Corporate America
- Being Black: I'm Invisible at Work
- Career Transitions: I Want Something Different
- Identity
- Holistic Living
- Mind, Body & Spirit Connectivity
- Religion & Femininity
- Self-Care: Reclaiming Your Time
- Self- Love: How Do I Love Myself First?
- Sexual Trauma: Let's Talk About It
- Six Self-Care Practices
- Yoga & Anxiety/Depression
- Workplace Trauma
- Work - Life Balance: How Do I Say Yes To Me?

### SEEN ON

*Essence*  
THERAPY & WELLNESS CENTER



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## Contact

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### TESTIMONIAL

Kimberly speaks in a way that is relatable & transformational for her audience. This is critical to the success of individuals, teams & leaders, her insight is valuable & timely.

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