

AUTHENTICALLY *Grounded*



MELISSA SMITH

COACH, AUTHOR AND SPEAKER

As a decolonizing coach and social and emotional specialist, I provide individuals and communities with the tools they need to recognize and address impact of colonialism, systemic oppression, and cultural trauma on social and emotional well-being.



LINKEDIN



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WEBSITE

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SERVICE OFFERINGS

**Coaching for liberated authenticity;
Consulting to align beliefs, values,
and actions for impact**

My approach prioritizes transparency and truthfulness to help individuals and organizations align their beliefs, actions, and values toward achieving their goals.

- Speaking & Subject Matter Inspirer
- Engaging, Interactive Workshops
- Individual and Small Group Coaching
- Learning Architect

SPEAKING TOPICS

- Decolonizing Mindsets
- Social and Emotional Intelligence
- Systemic Oppression and Equity
- Cultural Trauma and Healing
- Inclusion and Belonging
- Mental and Emotional Well-Being



CERTIFICATIONS

- Certified Virtual Facilitator
- Certified Culture Facilitator
- Social and Emotional Instructional Coach
- Certified DEI Practitioner
- Certified Racial Equity Facilitator
- Certified ADW Facilitator
(Situational Identity and Personality Model)

ABOUT THE BOOK!

Authentically Grounded: A Guided Journal for Unraveling and Soothing Your Soul is a one-of-a-kind tool designed to help you tap into your inner strength and connect with yourself on a deep level.

- Safe and empowering space
- Celebrate your strengths
- Acknowledge your challenges
- Explore your inner self

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