

MEDIA KIT

A Griot's *Corner*

AUTHOR | LIFE & WELLNESS COACH
CORPORATE WORKSHOP FACILITATOR

WWW.AGRIOTSCORNER.COM

ABOUT US



At A Griot's Corner, LLC, we offer diverse services, including life coaching, youth programs, and trauma-informed workbooks.

These tools are designed to empower individuals with the essential skills for navigating life's challenges, including coping with triggers, fostering self-worth, embracing identity, and combatting bullying. AGC also offers a curated selection of E-Commerce items and apparel that promote a more inclusive environment towards Mental Health awareness.

Fostering connection AGC produces Community Initiatives and Corporate Workshops, serving as advocates and providing essential emotional regulation and resiliency training. Our aim is to empower individuals to prioritize self-care and self-advocacy, ultimately promoting healthier and more resilient communities.

"Utilizing our resources will serve your audience well-mentally, emotionally, and spiritually."

- Lola B. Morgan (AGC Founder & Owner)

HELLO I'M..

Lola B. Morgan

Lola is a passionate Mental Health, Racial Equity, and Wellness champion. As the Founder of A Griot's Corner, LLC, Lola transforms lives through Mental Health Corporate and Community Workshops, teaching society ways to build healthier coping mechanisms. Co-founder of the 501c3- The Modern Griot Corporation, she advocates for trauma-informed services and community well-being. Lola's self-published book, "The Butterfly & The Bully," aids children in developing healthier coping mechanisms.

Lola's credentials shine brightly as a Nationally Certified Youth and Adult Mental Health First Aid Instructor and a Florida Board Certified Recovery Peer Specialist. These roles empower her to dismantle mental health stigma, equipping communities with self-advocacy tools that pave the way for enhanced recovery for those grappling with mental health struggles and substance misuse.

This captivating orator addresses critical topics, including accessible Mental Health resources, creating wellness roadmaps, social and emotional intelligence, radical self-care, workplace empathy, Diversity, Equity, Inclusion, and Belonging. Her insights also encompass effective mind management – a holistic approach to achieving balance and purpose.



**MY SUPERPOWER IS
HELPING OTHERS
SUCCEED!**

10 years in Corporate Leadership positions alongside Behavioral Health trainings have helped craft the programs I've created to assist others in retraining the mind by utilizing Mental Health strategies to unlock the highest version of themselves!



A GRIOT'S CORNER

The Butterfly & The Bully

Lola B. Morgan
Illustrator Lora Look



The Butterfly & The Bully

This book is a trauma-informed tool that makes it easy for your young loved ones to begin the conversation anchored in the root of their emotions.

It also equips children with healthier reinforcements to cope with life stressors, bullying, death, or separation.

THIS IS ME: Interactive Coloring Book

This book explores the creativity of adolescents with mindful practices as they tap into the power of affirming who they are!

THIS IS ME!

INTERACTIVE COLORING BOOK





Mental Health
FIRST AID

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

"WE ARE ALL RECOVERING FROM SOMETHING.

SO START THE CONVERSATION TODAY REGARDING YOUR MENTAL HEALTH".

Lola B. Morgan

DID YOU KNOW ?

Shalawa (Lola B.) Morgan is Certified as Mental Health First Aid Instructor (MHFAI). This means that she is skilled in identifying, understanding, and responding to signs of mental illnesses, crises, and substance use disorders. She also can certify individuals to become MHFA.

Other Certifications: W.R.A.P, Helping Other's Heal, FL Board Certified Recovery Peer Specialist,
& in Therapeutic Arts.

WORKSHOPS

20- DAY
REFLECTION
CHALLENGE

WAYS TO ACHIEVE
MENTAL &
EMOTIONAL
FREEDOM

TRANSFORMATION
OVER TRAUMA

LEADERSHIP &
EMPOWERMENT
SERIES

OVERCOMING
IMPOSTER
SYNDROME

COMMUNITY
CULTURE &
WELLNESS

ATTENDING TO
YOUR LABOR:
TAKE FLIGHT!

THE EVOLUTION OF
A BUTTERFLY
CHILDREN/ YOUTH
CURRICULUM

BELIEVE IT!
THE POWER OF
"I AM"



I am notorious for
creating spaces that
allow people to feel safe,
seen, and recognized.

-Lola B. Morgan

SERVICES

PRICELIST

3 Month Life Coaching Session

- *1 hr session(s) weekly for 90 days.
- Providing you with a road map to your desired goals.*
- *Assist in eliminating blockages & retraining the mind..*

\$2,100

6 Month Life Coaching Session

- *In 180 day's- 1hr sessions weekly.*
- *Provide you with a roadmap to your desired goals at each session.*
- *Provide you with a coaching workbook where you focus on: Goals, Opportunities, Weekly Highlights, and Soul Work.*

\$4,200

Event Strategist

Looking to have a dynamic community festival, workshop, or conference?

By securing this service, our specialists work towards securing a location, solidifying vendors/volunteers, developing sponsorship plans, scouting media presence, gathering the necessary marketing materials for promotional use, and ensuring that your vision is brought to life for your patrons to rave about!

\$1,000+

Corporate Workshops

To promote Diversity, Equity, Inclusion, Mental Health Awareness, and enhanced Community Culture, we first must elevate the conversation surrounding EMPATHY.

In our programs, we lead deep conversations rooted in mental health strategies to boost performance rates, reduce burnout and downright unhappy employees. This program encompasses an asset-based approach to amplify company leadership roles and elevate its employees' well-being.

\$2,000+

TESTIMONIALS



PRINCESS CASTLEBERRY

If you're looking for a simple and effective way to get centered on your goals and self-care, you'll find an incredible resource in A Griot's Corner's 20-Day Self-Care Challenge. The materials and videos are not only beautiful but require you to dig into your journey to self-care. Lola B. Morgan's capstone 1-hour workshop is icing on the cake! She guides participants through an engaging experience that asks us to be vulnerable and share our experiences. I thoroughly enjoyed the program!



MANECA GONZALEZ

I worked with Lola for several months, and she is a gem. When I began working with her, I felt overwhelmed in my personal life and professional life. She was able to help me get clarity on it all.

Everyone talks about perseverance and how you have to keep going even through obstacles, but she taught me HOW to overcome them and gave me tools I can implement in my life daily. In every session I had with her, she was able to identify some things I can work on and support me simultaneously. If you want to be uplifted and have the help of someone who can pin point areas where you can improve in your life, this is it!



DR. CHAKITA HARGROVE

The Butterfly and The Bully is definitely a book for the family unit. This book helps start the conversation of trauma with the child in mind.

The affirmations and practical processes are needed to equip both the child and family with healthy resources and tools to heal via communication. As a therapist, I highly recommend. "The Butterfly and The Bully".



1:1 & GROUP
LIFE COACHING

CORPORATE & COMMUNITY
WORKSHOPS

PEER SUPPORT &
MENTORING



AGC'S GROWTH

2020

- Launched A Griot's Corner, LLC
- Created 3 digital products. Audio, Ebook, & Print.
- Virtual Book Tour
- Career Day- Virtually
- Great American Teach-In- Virtually

2021

- Taught classes on Social and Emotional Learning for middle school-aged children.
- Guided Peer Support Groups for Women & Children in Shelters
- Facilitated Corporate Workshops
- Great American Teach-In- 2 schools, 8 classes
- MLK EXPO (30+) VENDORS highlighting small & local business owners in the Tampa Bay Area
- JUNETEENTH JAM- Northstar Academies Awarded \$2k to a high school graduate headed to FSU.
- Hosted Self-Care Sip-N-Paint Workshop

2022

- MLK EXPO- GIBBS HIGH SCHOOL Highlighted 60+ Vendors Awarded 12 Business Owners with Services & Funds worth \$32k (Marketing, Grant Writing, Tax Preparation, Govt Contracting)
- Speaker for NAMI Pinellas Conference, St. Leo University, USFSP.
- Launched Non-Profit: The Modern Griot Co.
- Certified WOB/MBE State of FL
- Joined Leadership Saint Pete Class of 23

MEDIA PRESENCE COLLABORATORS & PARTNERS



Pinellas County
Urban League

GREAT FUTURES START HERE.

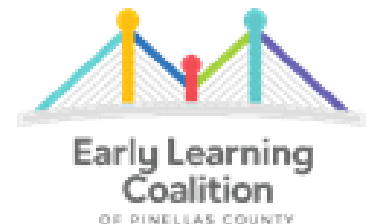


BOYS & GIRLS CLUBS
OF THE SUNCOAST



CULTURED BOOKS
LITERACY FOUNDATION

The Weekly Challenger



A Griot's *Corner*

LET'S STAY CONNECTED

C: (813) 336-1849

Mailing Address:

4905 34th Street South #342
Saint Petersburg, FL 33712

admin@agriotscorner.com
www.agriotscorner.com

"LIVE to LOVE & LOVE to EVOLVE"



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