

MEDIA KIT

A Griot's *Corner*

AUTHOR | LIFE & WELLNESS COACH
CORPORATE WORKSHOP FACILITATOR

WWW.AGRIOTSCORNER.COM

ABOUT US



A Griot's Corner, LLC guides communities to emotional and mental freedom by offering Trauma-Informed tools, resources, and services to Heal, Empower, and Transform the minds of communities globally.

Our list of services include Life & Wellness Coaching, & Peer-support to aid and equip the public with tools for proper Life Navigation. Primarily in developing healthier reinforcements to cope with triggers and life stressors such as death, trauma, lack of self-worth, identity, separation, & bullying.

AGC also facilitates Community Initiatives & Corporate Workshop Facilitation to help advocate & elevate the voices of community members while helping them engineer positive mental health strategies for themselves and their loved ones.

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

- Lola B. Morgan (AGC Founder & Owner)

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HELLO I'M.. *Lola B. Morgan*

Lola B. Morgan is the CEO & Founder of A Griot's Corner, LLC, located in St. Petersburg, FL. She is a strong community leader, and her advocacy for those who've suffered trauma is unwavering. This Human Potential Activator uses Recovery Modules, & a Trauma-Informed Approach to help equip individuals with the power to tap into levels of healing while unleashing the most authentic version of themselves!

In 2019 Lola debuted her 1st Self-Published Opus, titled "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 caused by life stressors such as death, bullying, trauma, and separation.

Lola currently devotes her time to curating healing spaces within communities, teaching the art of well-being in corporations, and shelters, facilitating youth programming for non-profits, and assisting adults with Life Skills and Emotional & Mental Resiliency.

This orator often speaks on the importance of having access to Mental Health providers and resources, wellness roadmaps, social and emotional behavior, radical self-care, empathy in the workplace, DEIB, & ways to manage the mind!

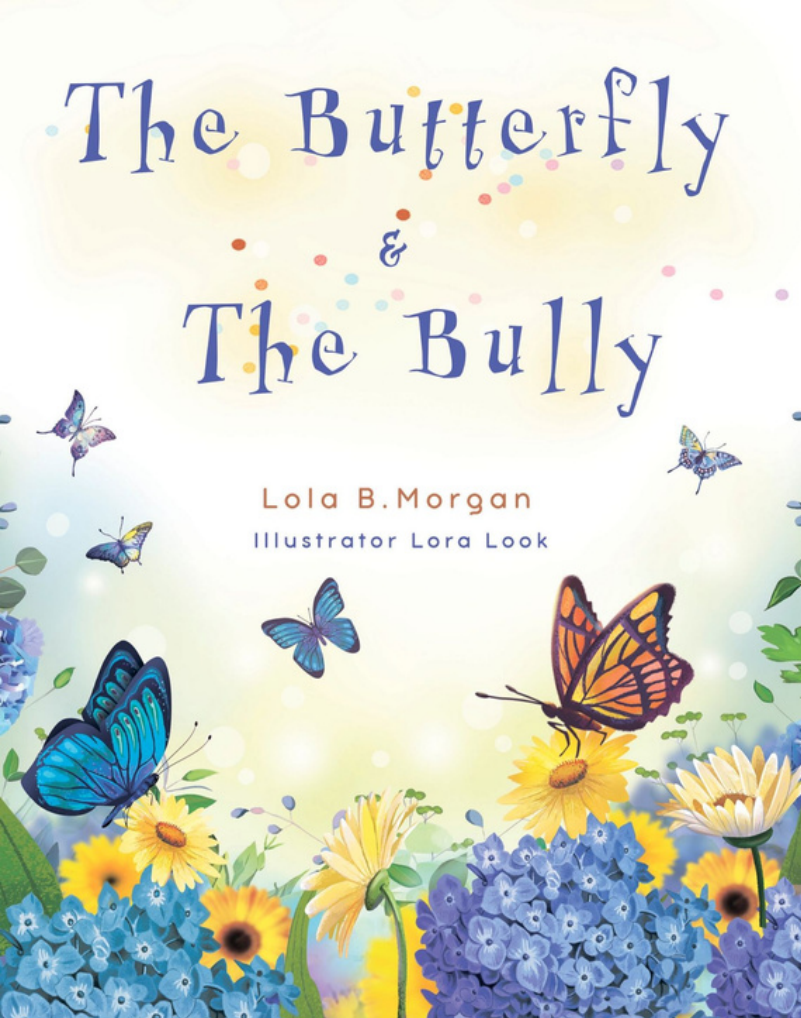


MY SUPERPOWER IS HELPING OTHERS SUCCEED!

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

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!





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



National Alliance on Mental Illness

Pinellas County



Tampa Bay
Times



st.petersburg
Cohort of Champions

stpete.org/MBSK

**BARNES
& NOBLE**



@claimant®



CULTURED BOOKS
LITERACY FOUNDATION

The Weekly Challenger

EmpowHERment

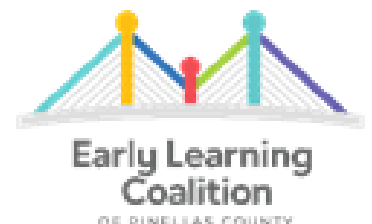


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FOX 13
TAMPA BAY

NorthStar
Academies





LET'S STAY CONNECTED

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"LIVE to LOVE & LOVE to EVOLVE"



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