

Schedule a call today!



Dr. Dominique Pritchett, PsyD, LCSW

Licensed Therapist | Speaker | Mental Wellness Consultant

About

Dr. Dominique Pritchett is an exceptional licensed therapist, speaker, and mental wellness consultant.

She supports companies who are ready to create cultures of well-being and belonging using solution-based strategies resulting in this being the norm rather than an afterthought.

Dr. Dominique has been featured locally, nationally and internationally such as BBC London, Shondaland, Women’s Health Magazine, The New York Times, and many more.

She is the owner of Beloved Wellness Center, a private mental health practice in Kenosha, Wisconsin. Dr. Dominique is the founder and podcast host of Space for Sistas™ - a wellness community for Black women and teen girls.

**Longer bio. available upon request.

As Seen



Signature Topics

Burnout to Breakthrough™

Burnout is the state of long-term chronic stress causing mental exhaustion, lack of productivity and loss of self. Learn how to shift your experiences with stress to prevent burnout or get off the rollercoaster of burnout through applying the B.O.L.D. Method to Burnout Prevention™ in your personal and professional life.

Solution-Focused Safe Spaces™

When environments are emotionally safe, there is a greater reward, retention and return on investments. Learn how to implement the S.A.F.E. Method to Psychological Safety™ which can greatly help with culturally sensitive and effective communication, critical thinking, and community building through asking better questions. The goal is for all members of the organization to feel seen, supported and safe every day.

Space for Sistas™

Black women and girls have historically experienced racial inequality in most environments which makes self-advocacy challenging. Learn how racial inequality has impacted the emotionally intelligent skillset and how to better navigate relationships with Black women and girls or yourself using the S.I.S.T.A. Method to Self-Advocacy™.

Contact



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