Empowerment Essence

One Life Saved Is One Life Given

Shenetta Malkia

OFFICIAL SPEAKERKIT

BIOGRAPGHY:

Shenetta Malkia is widely known throughout the Washington Metropolitan Area, Maryland and nationally. She is a spokes person and advocate for suicide prevention and anti-bullying programs. Malkia has sat on the MD-SPIN advisory board and MD Governor's Commission for Suicide Prevention from 2014-2019. Shenetta is the founding President and Executive Director of Empowerment Essence, an organization dedicated to eradicating bullying and suicide beginning in Maryland & DC communities. Malkia is also a leading clinician and workshop facilitator for community organizations and government agencies. She is seeking innovative ways to grapple a growing problem within communities. As a sought-after speaker, Malkia's voice continues to sound the trumpet for systematic change within schools and social service systems, which often ignores the signs of bullying and suicide. Malkia has been featured on radio, TV, and

at community events. She was the key note Speaker for Maryland's 26th Annual Suicide Prevention Conference, 2014 and continues to lead the survivor's panels, teach other workshops and speak nationally and internationally.

PREVENTING SUICIDE THROUGH EMPOWERMENT:

Our mission is to eradicate suicide and bullying for youth and young adults. This will be accomplished through education, training, awareness campaigns, counseling services, mentoring-life skills programs, partnerships, resources and referrals to other mental and behavioral health organizations-facilities. We therefore will be able to impact communities by empowering our youth and young adults to live and lead safe, healthy and well-balanced lives.Empowerment Essence Inc., is a non-profit organization mentoring and supporting those who have been and are hurting from life's experiences. Provide training, workshops, resources and additional programs so more individuals and communities are aware of Suicide Prevention & Bullying. It's important that more are able to detect early signs of Suicide and Bullying so we as a community can help bring it to an end. One area of focus is positive image building for youth and young adults. We will encourage and rebuild positive self-esteem by working through past disappointments and focusing on the promises of today with expectations of a better future.

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