

meet

DR. NEKESHIA HAMMOND!



Dr. Nekeshia Hammond is the host of Mental Health Moment with Dr. Hammond, international speaker, **Amazon international best-selling author, psychologist, and executive coach.**

She is also the founder of Hammond Psychology & Associates. Dr. Hammond has worked with various organizations as a mental health expert, speaker, and coach for burnout prevention, leadership, DEI, and work-life balance issues.

Dr. Hammond is also the former President of the Florida Psychological Association, and she currently serves as the Chair of the Board of Directors for the Ryan Nece Foundation. She has been featured on NBC, ABC, CBS, FOX, and a variety of magazines and radio shows throughout the world promoting positive mental wellness strategies.



Dr. Hammond is the recipient of awards such as: Next Level Leadership, Brian Thomas Spirit of Excellence, Distinguished Psychologist, Outstanding Contributions to Psychology in the Public Interest, and various other awards for her leadership and dedication to the community.

DR. NEKESHIA
Hammond



keynote topics



WORK-LIFE BALANCE



PREVENTING BURNOUT FOR CORPORATE EXECUTIVES



DIVERSITY, EQUITY, & INCLUSION



RESILIENCY IN THE WORKPLACE



WOMEN EMPOWERMENT



SELF-CARE & LEADERSHIP



MENTAL FITNESS

