

# DR. NEKESHIA Hammond

Psychologist. International Speaker. Best-Selling Author

**DR. NEKESHIA HAMMOND** IS AVAILABLE FOR CONFERENCES, WEBINARS, WORKSHOPS, MASTERMINDS, PANELS, DISCUSSIONS, SEMINARS, COACHING AND MORE!



*“Prioritizing your mental health is the greatest investment you can make for yourself and your team”*

**DR. HAMMOND**

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## KEY ACCOMPLISHMENTS

- ◆ **Founder & CEO** of Hammond Psychology & Associates for over 15 years, providing leadership and mental health services.
- ◆ **International Speaker** specializing in mental wellness and burnout prevention, delivering impactful presentations globally.
- ◆ **Honored as a Distinguished Psychologist** by the Florida Psychological Association for contributions to the field of psychology.
- ◆ **USA TODAY Best-Selling Author** of Mindset Training: Conquer Your Mind and the Rest Will Follow, a mental clarity and resilience guide.
- ◆ **Featured Expert** on major networks, including ABC, NBC, CBS, FOX, and TEDx, sharing insights on mental health.
- ◆ **First African-American President** of the Florida Psychological Association, making history in the organization.
- ◆ **Former Chair** of the Ryan Nece Foundation and Rising Media Stars, Inc., demonstrating a commitment to leadership and community service.
- ◆ **Recipient** of the President's Lifetime Achievement Award, recognizing her extensive volunteerism in the community.
- ◆ **Recognized with the "Best of Brandon" Award:** Mental Health Practitioners Office for over 10 consecutive years, reflecting her dedication to local mental health excellence.
- ◆ **Host of Mental Health Moment** with Dr. Hammond, a show on the Black Women Empowered, Inc. network, reaching over 4 million viewers worldwide.

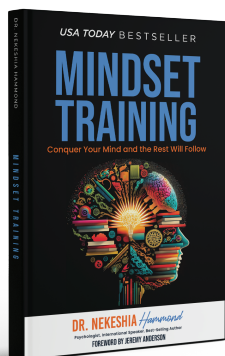
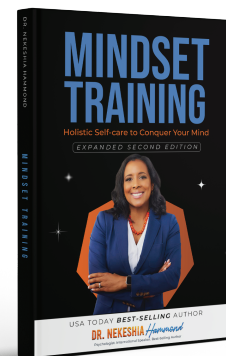
## MENTAL HEALTH MOMENT WITH DR. HAMMOND



Mental Health Moment is a weekly show streamed on Black Women Empowered, Inc., a network that reaches 4 million+ followers around the globe. The show offers practical mental wellness strategies to help you become the best version of yourself. Each episode provides actionable insights to empower you to show up confidently and effectively for yourself and those around you.

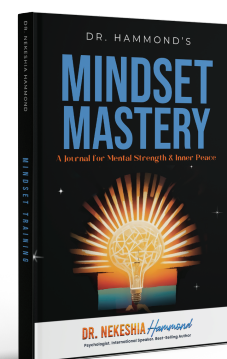


**Dr. Nekeshia Hammond** is a distinguished psychologist, executive coach, award-winning international mental wellness advocate, and keynote speaker renowned for her expertise in mental health, burnout prevention, leadership development, and organizational wellness. As the founder of Hammond Psychology & Associates, she has dedicated her career to helping individuals and organizations thrive through improved mental health and leadership strategies. Dr. Hammond is also the creator and host of the highly regarded show "Mental Health Moment with Dr. Hammond," where she shares practical advice and insights on navigating the complexities of mental well-being.



**Dr. Hammond's** extensive leadership experience includes her past roles as President of the Florida Psychological Association and Chair of the Board of Directors for the Ryan Nece Foundation, mental health awareness, community empowerment, and initiatives that promote emotional well-being across diverse communities. Her work has earned her numerous prestigious accolades, including the Next Level Leadership Award, the Brian Thomas Spirit of Excellence Award, the Distinguished Psychologist Honor, and the Outstanding Contributions to Psychology in the Public Interest Award, reflecting her significant impact in both the mental health and leadership arenas.

As a USA TODAY best-selling author, Dr. Hammond's book **Mindset Training: Conquer Your Mind and the Rest Will Follow** has been praised for its transformative approach to personal and professional growth. She is also the author of five additional books that address various topics, from children's mental health to holistic self-care and burnout prevention. Her thought leadership and expertise have been featured in top media outlets, including NBC, ABC, CBS, FOX, Essence Magazine, and more. Dr. Hammond has spoken on renowned platforms such as Corporate Counsel Women of Color and TEDx, where she shares her unique, integrative insights on mental wellness, leadership balance, and personal empowerment.



**Dr. Hammond** holds a Doctorate and Master's Degree in Clinical Psychology from the Florida School of Professional Psychology and a Bachelor's Degree in Psychology from the University of Florida. Her academic foundation and professional expertise have positioned her as a leading voice in mental health, leadership, and community well-being.

## MOST REQUESTED SPEAKING TOPICS

- ◆ **Resilient Leadership:** Empowering Leaders to Navigate Change and Achieve Peak Performance
- ◆ **Mindset Transformation:** How to Cultivate a Growth-Oriented Workplace to Achieve Peak Performance
- ◆ **Burnout Prevention:** 5 Effective Strategies to Maintain Balance and Well-Being at Work
- ◆ **Holistic Self-Care:** Inspiring Women to Balance Life, Work, and Personal Growth
- ◆ **Neurodiversity:** 7 Strategies for Supporting ADHD and Creating Inclusive Work Environments

## BOOK DR. NEKESHIA HAMMOND FOR YOUR NEXT EVENT

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