



SERVICES OFFERED

Consulting, Coaching and Workshops

Jess offers consultation and coaching services as well as customized workshops for individuals and small groups.

Consulting and Coaching

- Jess offers individual and small group consulting and coaching for those interested in learning more about diversity, equity, inclusion and anti-racism, specifically how it shows up in our interactions, behaviors, policies and practices.

Pricing

Rate for consulting is dependent on individual and/or organizational need

Hourly rate for coaching - \$150

Workshops

**These are sample workshops that are customizable based on organizational needs*

- **What is DEI?** - Participants will create a shared language and build foundational understanding of the fundamentals of diversity, equity and inclusion.
- **Understanding Social Identity** - Individuals are made up of various social identities that shape the way we experience the world. Participants will unpack their individual social identities and reflect on how their identities impact their experiences.
- **Dismantling Unconscious Bias** - Bias comes in many forms and can negatively impact work culture. Participants will understand the different types of unconscious bias and practice strategies to combat bias in their work.
- **Advanced workshop offerings** - In addition to the above workshops, Jess can offer advanced sessions covering a variety of topics including the 4 I's of Racism, Sustainable Change Management, Understanding White Dominant Culture and Intersectionality.

All workshops include:

- Pre-workshop consultation to determine organizational needs.
- Design and planning of workshops.
- Relevant materials for participants to ensure active engagement.
- Delivery of workshop for up to 50 people.
- Post-workshop survey for participants to fill out. This survey will be used to adjust any future workshops and aid in Jess' reflection of the session.
- Post-workshop follow up and debrief with organizations' point person.

Pricing

Hourly rate for workshop design, planning and follow up - \$150

Hourly rate for workshop - \$400

