

## ABOUT US

We help schools do more to support student mental health by providing life skills training for all students, particularly incoming freshmen. In fact, our program was recently implemented at Tuskegee University to freshman orientation & the general student body. 90% of students reported an improvement in their mental, social and/or emotional wellbeing since taking our courses and 94.4% continue to use the strategies learned in class.



[www.tiffanynunnally.com](http://www.tiffanynunnally.com)



## Contact Us



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Tiffany Nunnally, LLC

# Resilience Training

FOR THE NEXT GENERATION



**Give Your Students  
"The Resilience Advantage"  
To Remarkably Adjust to  
College, Life & Industry Excellence**

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# Our Holistic Approach

boosts resilience & performance

## Mental Health Development

Most students say their mental health has worsened in college & research states that 77% are experiencing moderate to serious mental health symptoms. We focus on teaching students how their thought life impacts their performance, and how to manage negative thoughts.

## Emotional Health Development

Emotions such as anxiety and depression are often symptoms of prolonged stress. We teach students how to manage daily stress before it becomes a mental strain. Students walk away with the ability to identify personal triggers and a custom action plan to manage stress and anxiety.

## Social Development

Social Anxiety is more common than you think. Research shows that 18% of college students have social phobia. We help students develop empathy for each other through interactive activities & training on building social courage.

## Professional Development

Our professional development course is focused on bringing career dreams to a reality. Our students walk away from this course with clarity on their purpose and an action plan to start now!

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## Our Activities



Mindset Training



Student Led Content



Interactive Activities

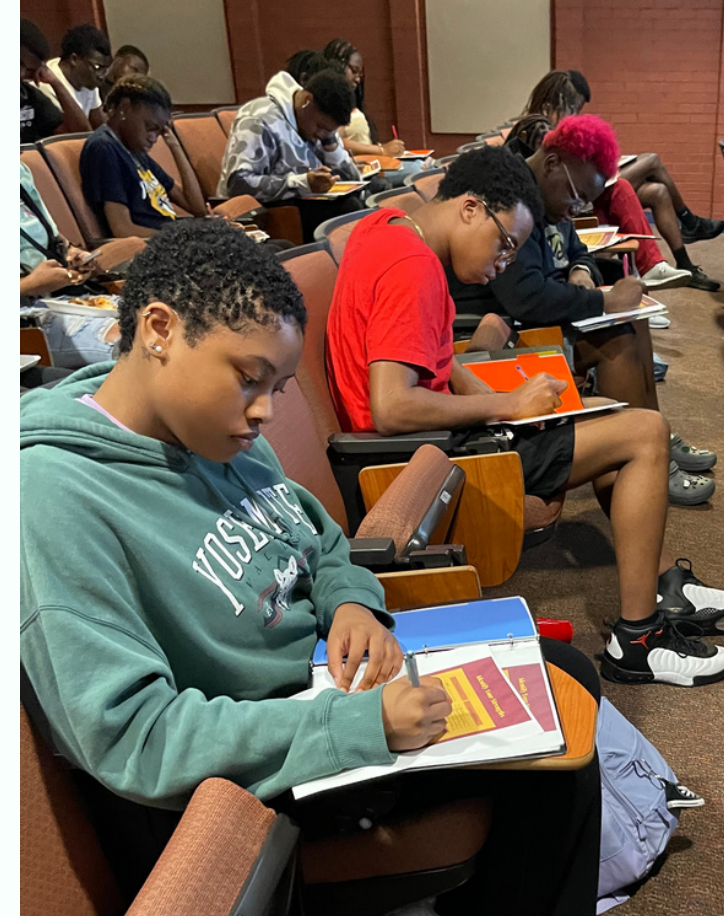


At-Home Practice

## Why Choose Us



- Award Winning Talent
- Credentialed Life Coach
- Master of Public Health
- Extensive Experience



## Resilience Training For Next The Generation

Schedule Consult Now →  
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