

LET'S PARTNER TODAY!

# Whitney Graves, LPC

Dynamic Speaker | Trainer | Therapist | Author



## ABOUT

Whitney Graves is a dynamic mental wellness speaker, trainer, therapist, and author.

She partners with organizations to elevate mental health and wellness solutions with those advocating for children so they can be their best selves.

Whitney brings a holistic and inclusive approach to spaces.

She is the proud mother of her 10 year old son.

Whitney holds a master's degree in Counseling from Lamar University.

## CONTACT INFO.

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## SIGNATURE TOPICS

Reframing limiting beliefs to leverage resilience

Healthy boundaries and worth to navigate emotional wounds

Effective communication using compassionate curiosity

Strategies to finding harmony to regulate parental stressors

Advocating for a child with a challenging health condition

## MY BOOK

*Food Allergies Kinda Stink*



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