

PRESS & MEDIA KIT

Autumn Walker, LCPC

Licensed Therapist and Founder

www.autumncwalker.com



THE SOUL REASONS, LLC

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Quick Intro

Autumn Walker, a licensed mental health therapist, founded The Soul Reasons LLC in 2020 as a call to action to center mental wellness in response to the sociopolitical climate.

With almost a thriving decade in behavioral health, her devotion to personal development and mental wellness has led to collaboration with several leading initiatives, such as Crisis Text Line and presenting on a national level at the Salesforce Dreamin' In Color conference.

Today, she empowers early stage Black women entrepreneurs and mission-driven organizations to foster well-being as a means to achieve their visionary goals.

Partnered With

CRISIS TEXT LINE |



Hot Topics

Personal Identity

Audience members learn unique of obstacles like impostor syndrome, distorted self-image, and values misplacement through a clinical lens to challenge self-imposed and systemic barriers

Mindset

Audience members learn the emotional significance of self-talk, risks of scarcity thinking, and power of thought reframing.

Collectivism and Group Dynamics

Audience members gain unique insight on the value of collectivism to achieve a common goal by exercising individual gifts and skills

Reviews

"I worked with Autumn who provided a wellness-related workshop for high school students in a summer apprenticeship program. Autumn's topic was about mental health for students. Autumn came in to our meeting room with a lot of energy and a positive attitude which she maintained for the duration of her workshop. Her content was engaging and relevant for our students who connected well with her. I could tell that she thoroughly prepared for her time with us. I would definitely recommend Autumn to facilitate another workshop in the future."

Micah Yarbough, former Program Coordinator for YouthWorks

"As an alum of the late Congressman Elijah Cummings Youth Program, I reached out to Autumn as the founder of Soul Reasons to facilitate a conversation with our current students around the importance of mental health and leadership. Autumn created a wonderful session entitled The Vines of Values where ECYP students were able to explore the link between their values, leadership and mental health. Her session was well received by our teens because she created a brave space for students to think and share about how their values were tied to their mental health. I'm excited to have Autumn continue to come back to help ECYP students explore their leadership through the lens of mental awareness."

Kathleen St. Villier Hill, Executive Director of the Elijah Cummings Youth Program

Collaboration is the new currency! Let's schedule a call

