



Moniek Richardson

LCSW, MBA, BC-TMH

Social Worker – Speaker – Strategist

I am a licensed clinical social worker, speaker and strategist with more than 14 years experience working in various clinical and healthcare settings including emergency and crisis intervention, local metro Atlanta hospitals, hospice and end of life care and outpatient clinics.

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404-807-2770





EMAIL

info@fitlifewellnessllc.com

WEBSITE

www.fitlifewellnessllc.com

CONNECT WITH ME

-  @fitlifewellnessllccounseling
-  [linkedin.com/in/moniekrichardson](https://www.linkedin.com/in/moniekrichardson)
-  @fitlifewellnessllc
-  FitLife Wellness LLC

SERVICES

Counseling and Therapy Sessions

I help patients live a more meaningful and more fulfilled life by providing therapy sessions for individuals and/or couples, as well as corporate teams.

Speaker and Panelist

I provide a range of speaker, keynote, facilitation and panelist services about social work, mental health, and personal development.

Consultant & Strategist

I love helping organizations strategize and create new programs or initiatives around mental health. Want to find innovative ways to promote the benefits of therapy or mental health? Let's work together.

PRACTICE AREAS

Life coaching
Couples and individual therapy
Weight loss/obesity
Depression/anxiety
Grief counseling
Stress management
Employee Assistance Programs (EAP)
Corporate Wellness

LICENSURES

COLORADO CO-CSW.09926386	ILLINOIS IL-149015883
GEORGIA GA-CSW005281	VIRGINIA 0904012004

EDUCATION

WALDEN UNIVERSITY
Doctor of Philosophy in Social Work (In Progress)

COLORADO TECHNICAL UNIVERSITY 2011
Masters of Business Administration (MBA) in
Healthcare Administration and Management

LOYOLA UNIVERSITY OF CHICAGO 2009
Masters of Social Work (MSW)

AURORA UNIVERSITY 2008
Bachelors of Social Work (BSW)

ABOUT ME

I have always possessed a desire to help others from a young age. I started my journey in family and children services, mentoring Chicago youth and working with various community organizations. I eventually shifted from working in the community to working and helping others in a healthcare setting.

As a healthcare professional for over 14 years, my love of helping others is what motivates me to do all that I can to help with the patient encounter. I have worked in various clinical and healthcare settings including emergency and crisis intervention, local metro Atlanta hospitals, hospice and end-of-life care as well as outpatient clinic settings.

As a Licensed Clinical Social Worker, my goal is to use my knowledge, as well as my professional and clinical experience to help individuals, couples and corporate teams recognize and overcome many of life's challenges. My unique approach of incorporating wellness practices along with a therapeutic approach will allow you to reach full potential - mentally and physically.

PRACTICE AREAS

- Life coaching
- Couples and individual therapy
- Weight loss/obesity
- Depression/anxiety
- Grief counseling
- Stress management
- Employee Assistance Programs (EAP)
- Corporate Wellness



R i c h a r d s o n

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Let's break the stigmas about mental health together. I am available for individual counseling, speaking engagements and consultant services.

LET'S CONNECT



www.fitlifewellnessllc.com



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