Black Achievers
Black Business Directory

Jakoba Consulting LLC

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Jakoba Consulting, LLC is a Black-Owned Mental Wellness workshop-centered facility. This Black-owned mental wellness facility hosts workshops with the purpose of enlightening, educating, and empowering. The target audience includes anyone who may be challenged with anxiety, depression, manic/depressive and PTSD, as well as the family, friends and supporters, of those challenged with these conditions. About Jakoba Consulting Workshops Healing the hidden things is about taking a journey. This Journey is about discovery, education and empowerment. The workshop materials include a facilitator workbook and the participant workbooks. (Because of the sensitive topic of the workshop, the participant workbooks were developed for separate female and male workshops when applicable). The Layers of Health represent A. Cognitive, what we think B. Behavior, our actions C. Trauma, the wounds D. Core, who we are meant to be The Workshop is organized as follows: A. Discovery In this section, the goal is to use the scenarios provided as an instrument to engage the participant in an interactive discussion that leads them towards self-discovery. One of the most challenging difficulties is being able to ‘see yourself’. This is an important first step towards healing. This section is also used as an opportunity to have conversations with the participants about how life’s traumas, seen and unseen, affect how we think and our behaviors. B. Education In this section, the goal is to simply educate the participants. The material is presented in a way to help the participants understand that some behaviors are a result of trauma. This trauma is expressed through certain emotional and behavioral conditions, such as anxiety, depression manic/depressive and PTSD. C. Empower In this section, the goal is to introduce the participant to various tools and techniques, that if consistently applied, will help manage the condition. To reinforce that management of the condition is key to living a quality of life that is positive, constructive, functioning and healthy. Check out Jakoba Consulting to start the path of healing.

For more details, please visit https://blackachievers.biz/detail/jakoba-consulting-llc-cincinnati-2562