

Desyree Dixon Trauma Transformer™

Turning trauma into triumph™ for individuals; helping organizations enhance value propositions, diversity, equity and inclusion.

Media Kit 2021

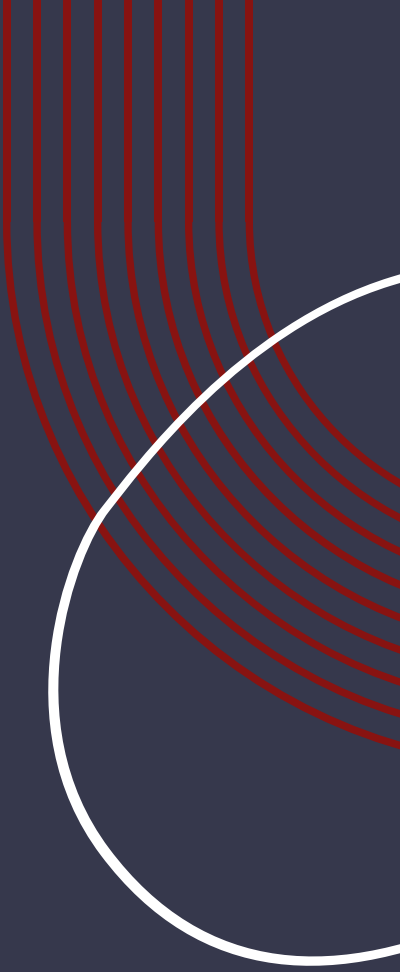


WHO IS DESYREE?

Desyree Dixon is a first generation Jamaican-American Trauma Transformer and Change Point Expert. She believes in the dual power of Empathy and Joy to improve both people and organizations.

Desyree is an award winning trauma expert in the Mid-Atlantic region. She is the Founder and CEO of Bolton Therapy & Wellness, a private group practice, and Whew! Corp, a business psychological consulting firm. Desyree currently serves on the inaugural Baltimore City Trauma Informed Care Task Force. In her role as a therapist and researcher, she created Trauma Based Identity Distressers™, TBID™ an innovative treatment modality and therapeutic framework for identity based trauma.

In her varied roles as trainer, coach, consultant and keynote speaker, Desyree delivers inspiring presentations that are insightful and engaging. She is passionate about healing both people and organizational pain; creating Empathy and Joy; promoting diversity, equity, inclusion, and belonging (DEIB); and forging partnerships that help clients create their best lives.



SIGNATURE TALK

MASQUERADING AS MYSELF: HOW IDENTITY BASED TRAUMA SHOWS UP AS IMPOSTER SYNDROME

Identity based trauma is the sum total of psychological, emotional and physical responses we experience from mistreatment and marginalization based on a core identity factor (e.g., race, gender, sexual orientation). When society tells us we are less valuable, less beautiful, less capable based on these identities, it can be difficult to truly see value, beauty and capability in ourselves.

Let's explore why many of us project these attributes, even when we don't believe we have them. We'll discuss why we feel like imposters when our success should affirm us. Understanding imposter syndrome and why it shows up can help us embrace the truth about how incredible we really are.



SPEAKING TOPICS

TRAUMA

The Shark and the Ocean: An Introduction to Identity Based Trauma

TBID I/TBID II™: An Innovative Framework for Treating Identity Based Trauma

Ups and Downs: Transforming Identity Based Trauma and Becoming Your Authentic Self

The Bad That Binds Us: Workplace Trauma

The Bad That Binds Us: School Trauma

DIVERSITY, EQUITY, INCLUSION AND BELONGING (DEIB)

Making the Unconscious Conscious: A Framework for Understanding and Addressing Implicit Bias

Beyond Words: What Real Inclusion in the Workplace Looks Like and How to Achieve It

Why We Should See Color: Applying Classical Business Models to Diversity, Equity and Inclusion

I Like Part of You: Implicit Bias and the Intersection of Identity

Valuable and Priceless: The Hidden Value of Diversity and Why Companies Should Harness It

BUSINESS AND ENTREPRENEURSHIP

Me First: Self-Care and Wellness for Entrepreneurs

The Superwoman Myth: Women, Work and Wellness

The Positive Psychology of Entrepreneurship: A Focus on Minority and Women Owned Businesses

SPEAKING TOPICS

FIVE PART POWER SERIES (RISER)

The Power of **R**eframing

The Power of **I**ntity

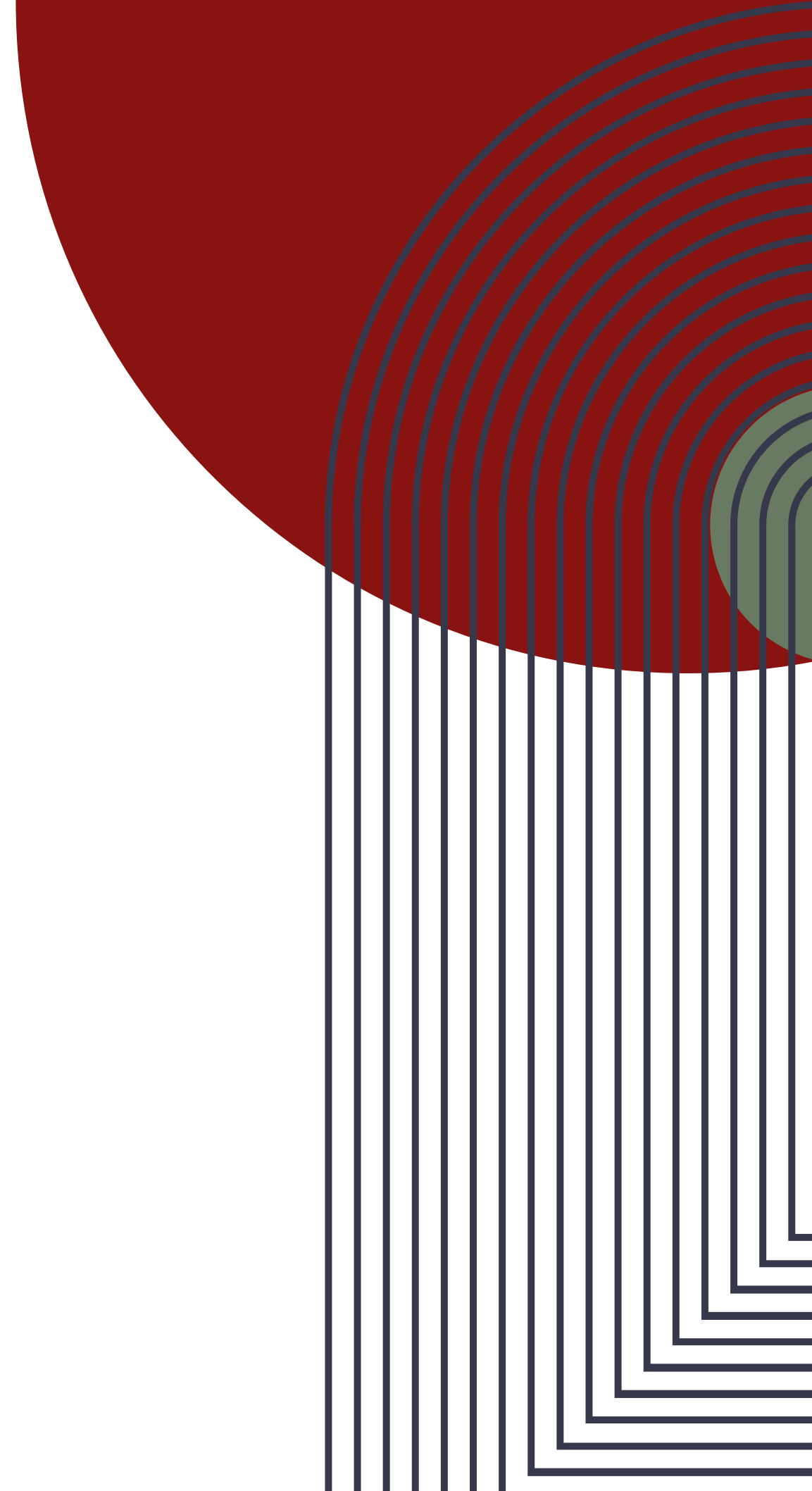
The Power of **S**omaticizing

The Power of **E**mpathy

The Power of **R**esiliency and Joy

GENERAL TOPICS:

Trauma; Racial and other Identity Based Trauma; Racial Equity; Diversity, Equity, Inclusion and Belonging (DEIB); Leveraging Human Capital and Creating Human-Centered Organizations; Small Business Entrepreneurship, Challenges and Opportunities; Minority and Women Business Owners; Mental Health and Wellness



FEATURES & COLLABORATIONS

Bloomberg



Entrepreneur.com



Baltimore
MAGAZINE



Wieden
Kennedy⁺



USC

PBS

Entrepreneur
MAGAZINE



BALTIMORE
BUSINESS JOURNAL

IMPACT

4K+

CLIENTS SERVED

100+

SPEAKING
ENGAGEMENTS

20+

YEARS OF
EXPERIENCE



WHAT OTHERS ARE SAYING

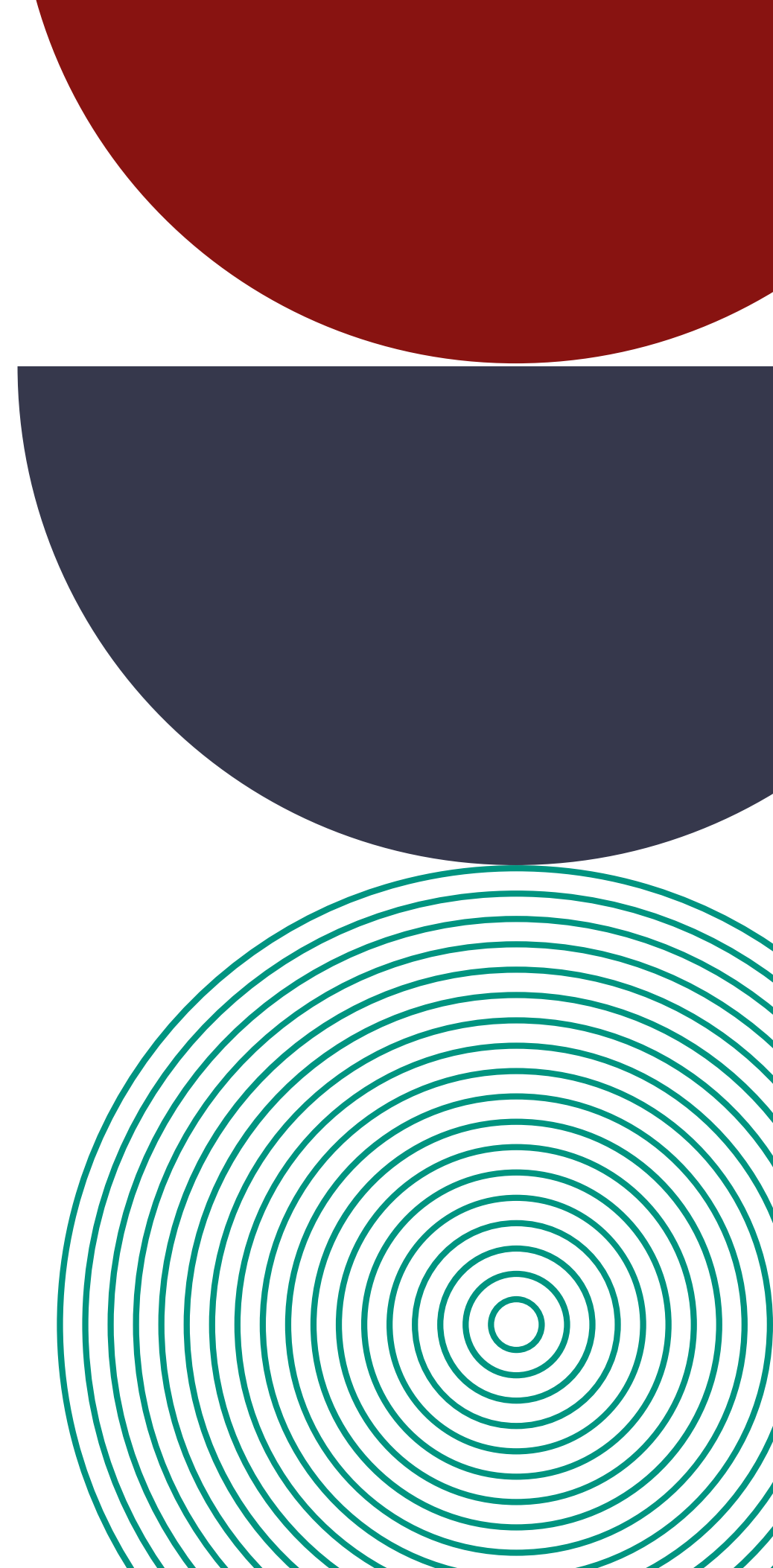
Desyree touched the lives of so many during a webinar on self-care for entrepreneurs. She is highly skilled and her level of expertise exuded during her presentation that far exceeded expectations. The information provided was not only educational but life altering. Her e-book *The Wellness Way* was extremely helpful and aided in my personal achievement of balancing life and work while navigating through a challenge time.

Tamika Johnson

**Alumni Manager, Goldman Sachs 10,000 Small Businesses Baltimore
Johns Hopkins University and Johns Hopkins Health System**

"I have had the pleasure of attending a presentation by Desyree Dixon in 2021 on Racial & Societal Trauma. I was impressed by the depths of her research, knowledge, and her ability to capture the audience on this thought-provoking topic during her presentation. I walked away feeling empowered and thankful that I had the opportunity to hear her speak. I highly recommend Desyree's services to family, friends, and associates!"

Jan Walker-Emeogo, Business Outreach Consultant, Maryland Dept of Labor





WHAT OTHERS ARE SAYING

"Desyree creates and provides an amazing, non-judgmental, safe space to learn and explore different ways of utilizing EMDR. Her consultation groups offer a highly diverse group of individuals, with various levels of training, experiences and treatment techniques, making the groups more dynamic, engaging and fun. It's a whole vibe!"

Jada Philips, Ph.D.

Licensed Psychologist (NY/NJ)

CEO of Reserved For You Psychological Services, LLC

"Desyree is truly the support that every clinician needs when starting their EMDR training and consultation journey. She has empowered me to trust in my skills and knowledge while guiding my own client's through EMDR. Her ability to create a safe, supportive, and empowering space sets her apart from other consultants.

I recommend her to every clinician that I know, even though I practice in California. She's just that good!"

Katheryn Perez, M.A., LMFT

Katheryn Perez Therapy

Desyree Nixon

Transforming Trauma Into Triumph™



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www.desyreedixon.com