

COURTNEY CHANEL

Speaker | Content Creator | Event Curator



*About
Courtney Chanel
Events*

WWW.COURTNEYCHANEL.COM

ABOUT COURTNEY

Courtney C. Mick, LSW is the President and Lead Event & Content Curator behind Courtney Chanel. She obtained her Bachelor degree in Psychology from Temple University and her Master Degree in Social Work with a specialization in Clinical Social Work from Boston University.

She was born in New Jersey and raised in Easton, Pennsylvania. Courtney began her career in the social services field, as a youth advocate and mentor working with at-risk youth ages 13-18 years old under probation supervision providing one-on-one mentorship to avoid out-of-home placement and recidivism. Courtney believes in education and empowerment as a force to promote healing and change within the Black community. She has experience in the non-profit sector with a wide-ranging background covering program and project development, group facilitation, training facilitation and community partnerships. Courtney has always maintained a focus on youth development and continues to maintain her passion in her current work with black and brown high school students in the city of Newark.

In addition to her career as a Licensed Social Worker in NJ, Courtney is an amazing mother and proud member of Delta Sigma Theta Sorority, Incorporated. Courtney provides millennial focused, wellness-centered, fresh and relatable, curated content, events, workshops and seminars for persons of color bearing motherhood in mind.

Courtney Chanel's mission is to utilize a person-first approach through education and empowerment of millennials, mothers and persons of color to prioritize their own wellness. Courtney Chanel takes an approach using both mental health awareness and the Wellness Model of Care to provide millennial focused, wellness-centered, fresh and relatable curated content, events, workshops and seminars.

TARGET AUDIENCE

Courtney Chanel provides curated content and events for millennial Black women and women of color with particular attention to mothers.

Her audience ranges in ages of 25-44 years in New Jersey, New York and Philadelphia

Over the past year, Courtney has reached over 3,000 people in content and events



COMMUNITY SUPPORTERS

Brittanie Applewhite

Samantha Bragg

Brandolyn Burks

Eltaneilya George

Julian Hamer

Aisha Howard

Erika James

J. Avery McNeil

Monica Princeton

Sara Qureshi

TeShia Robinson

THE FUTURE OF COURTNEY CHANEL

Courtney Chanel is available for the following speaking opportunities, events, podcast features, collaborations, and event curation consultation within the New York City Metro area, New Jersey and Philadelphia. Travel outside of these areas is available upon request

Courtney Chanel's Approach:
8 Dimensions of Wellness

Emotional

Intellectual

Spiritual

Social

Occupational

Financial

Physical

Environmental

Emotional

involves the ability to express feelings, adjust to emotional challenges, and cope with stress

Ongoing Series
#IAMNOTSUPERWOMAN

Intellectual

engaging in creative and mentally-stimulating activities, expanding your knowledge through cultural, artistic, or skill-based learning, and sharing knowledge and skills with others

Spiritual

having beliefs and values that provide a sense of purpose and help give meaning and purpose to your life, and acting in alignment with those beliefs

Social

building and maintaining a diversity of supportive relationships, and dealing effectively with interpersonal conflict

Occupational

involves participating in activities that provide meaning and purpose, including employment.

Financial

involves the ability to have financial resources to meet practical needs, and a sense of control and knowledge about personal finances.

Physical

involves the maintenance of a healthy body, good health habits and obtaining appropriate health care.

Past Event
Women's Self-Defense Workshop

Environmental

recognizing the interactions between yourself and your environment (natural and social), accessing available resources, and fostering a safer and healthier environment for others

Programming with the 8 Dimensions of Wellness

Our annual events--The Millennial Mom Conference and The EmpowHERed Women's Summit engage in topics within each of the 8 Dimensions

#IAmNotSuperwoman Sessions



Courtney Chanel hosts 3-4 hour workshop sessions with 25-30 Black Women on a quarterly basis to explore the Black Superwoman Syndrome and the pressures that society and culture place on Black Women today.

These sessions seek to provide a safe space for Black millennial women to engage in vulnerable discussions surrounding topics and issues affecting self-care and mental health.





MELINATED moms



PAST PARTNERSHIPS



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**“AS MILLENNIALS, WE
HAVE THE ABILITY TO
CHANGE OUR
NARRATIVE BY TAKING
WHAT WE’VE LEARNED
FROM THE
GENERATIONS BEFORE
US TO PROMOTE OUR
OWN HEALING AND
INFLUENCE THE
GENERATIONS AFTER
US.”**

”

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COURTNEY CHANEL

COURT CHANEL SAYS

Courtney Chanel is accepting bookings for speaking engagements. Courtney is available for podcast features and interviews, conferences, workshops, seminars.



TOPICS INCLUDE

Motherhood & Parenting
Childhood Trauma
Stress Management and Self-Care
Mental Health & Wellness
Women's Entrepreneurship
Youth Development
Family Relationships

SERVICES

Courtney Chanel is available for event curation consultation and coaching.

Courtney also provides wellness coaching.

Rates starting at \$125 per hour.

COURTNEY CHANEL



*Courtney Chanel is always
looking for more opportunities to
collaborate.*

LET'S CONNECT

Website: www.courtneychanel.com

Email: hello@courtneychanel.com

Phone: (610) 573-1299

SOCIAL MEDIA:

Instagram: [@courtchanelsays](https://www.instagram.com/courtchanelsays)

Twitter: [@courtchanelsays](https://twitter.com/courtchanelsays)

Facebook:

www.facebook.com/courtchanelsays

