



FOUNDER & CEO
UPLIFT LEADERSHIP CONSULTING
KEYNOTE SPEAKER | AUTHOR | CONSULTANT

Uplift Leadership Consulting, headquartered in Columbia, MD, is a minority and veteran-owned consulting firm specializing in Self-Leadership and Resilience. Our firm is dedicated to helping teams create safe spaces and support the development of emotionally intelligent team members. We offer engaging and meaningful in-person and virtual consultations, training, and workshops across all levels to operationalize the core tenets of self-leadership, self-care, and community-building. We are a team with a formidable and proven track record in the effective and successful implementation of self-leadership training and development programs to support the various stages of life. We have successfully trained hundreds of clients in the nonprofit, for-profit, and government sectors.



KEYNOTES & CONSULTING TO ENSURE
YOUR TEAM HAS THE MINDSET,
BEHAVIOR, AND TOOLS TO
PERSEVERE



VIRTUAL

VIRTUAL WORKSHOPS
THAT GIVE YOUR TEAM A
LASTING MINDSET,
RESOURCES, AND
RESILIENCE TO PERSEVERE
THROUGH CHANGE.

KEYNOTES

24 YEARS OF MILITARY
EXPERIENCE DISTILLED
INTO INSTANTLY-
APPLICABLE MINDSET,
BEHAVIOR, AND TOOLS TO
PERSEVERE THROUGH
CHANGE.

CONSULTING

CUSTOMIZED
CONSULTING, TRAINING,
AND WORKSHOPS THAT
GIVE YOUR TEAM A
LASTING MINDSET,
RESOURCES AND
RESILIENCE FOR PERSONAL
GROWTH THROUGH
CHANGE.

SOCIAL-ECONOMIC STATUS

VETERAN SERVICE BUSINESS ENTITY
UNIQUE ENTITY ID: DSL8UJ6JWVM5
CAGE: 8PS86

CORE COMPETENCIES

ORGANIZATIONAL DEVELOPMENT
LEADERSHIP DEVELOPMENT
STRATEGIC PLANNING
CONTINUING EDUCATION CREDITS
CONSULTING SERVICES
COMMUNITY WORKSHOPS
VIRTUAL LEARNING MODULES
KEYNOTES AND PLENARY SESSIONS

NAICS CODES

611430 - PROFESSIONAL AND MANAGEMENT DEVELOPMENT TRAINING
541611 - ADMINISTRATIVE/GENERAL MANAGEMENT CONSULTING SERVICES
541612 - HUMAN RESOURCES CONSULTING SERVICES
541618 - OTHER MANAGEMENT CONSULTING SERVICES
611710 - EDUCATIONAL SUPPORT SERVICES

PAST PERFORMANCE

STATE & LOCAL GOVERNMENT
MARYLAND DEPARTMENT OF VETERAN AFFAIRS
MARYLAND DEPARTMENT SCHOOL OF MEDICINE
MARYLAND DEPARTMENT OF LABOR

NON-PROFIT & EDUCATIONAL SECTOR

UNITED STATES AIR FORCE ACADEMY ASSOCIATION OF GRADUATES
UNIVERSITY OF MARYLAND-GLOBAL CAMPUS
NATIONAL ASSOCIATION OF MINORITY VETERANS
NATIONAL ASSOCIATION FOR BLACK VETERANS
VETERAN SUCCESS RESOURCE GROUP
BLUE STAR FAMILIES
SERVINGTOGETHER

PRIVATE SECTOR

BALTIMORE SUN
MILITARY TIMES
WTOP NEWS
NBC LX
CBS

INSPIRE. INPOWER. UPLIFT YOUR DAMN SELF.
BUILDING SELF-LEADERSHIP SKILLS TO PERSEVERE LIFE TRANSITIONS