

Tenesha Brooks

SPEAKER | CONSULTANT | THERAPIST
WORKSHOP FACILITATOR

Tenesha is an experienced advocate for workplace wellness, with over 15 years of expertise as a therapist and group facilitator. She is the co-founder of Brooks Psychological Services, LLC, an online psychotherapy practice providing a space for Black professionals and students to put aside code switching, take off their 9-5 armor, and truly be heard.

Tenesha's professional scope extends beyond therapy sessions to encompass employee wellbeing. She works with individuals, teams, and corporations to enhance mental health and optimize workplace functionality. She supports leaders in cultivating environments where team members feel empowered and valued, resulting in heightened job satisfaction, engagement, and retention.



SIGNATURE TOPICS

- ✓ Managing Work Stress & Preventing Burnout
- ✓ Overcoming Self-doubt & Imposter Syndrome
- ✓ Navigating Microaggressions

Get in Touch!

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