

Latesha WIGGINS SERVICES AND RATES

Core Competencies

Mental Health/Wellness Skills Training
Mental Health/Wellness Presentations
Mental Health Business Policy Development

Signature Topics:

Emotional Regulation
Assertive Communication
Personal Growth and Development

SPEAKING

1 hr presentation/training **\$1265**

2.5 hr CEU Workshop **\$2600+**
(signature topic of choice)

*(plus travel fee if further than 60 miles),
includes lifetime access to handouts
and/or virtual downloads, and continuing
education credit.*

BUSINESS CONSULTATION

Private Practice Business
Planning **\$225 /hr**

Policy Template (only) **\$1750**

Custom Policy Creation
Packet **\$4,699**

*(includes 2 individual virtual consultation
sessions, development of up to 20
policies)*

**Prices are subject to change depending on requests and travel fees.. Contact for the most accurate rates.*

 757-276-3331

 LWIGGINS@RISEBH.COM

 VIRGINIA

 [instagram.com/tieshataalk](https://www.instagram.com/tieshataalk)

[RISEBH.COM/LATIESHAWIGGINS](https://www.risebh.com/latieshawiggins)





Latiesha WIGGINS

COUNSELOR | AUTHOR | SPEAKER

Learn more about Latiesha.....

Latiesha is a mental health counselor and executive director of Rise Behavioral Health, a mental health agency in the Hampton Roads, Virginia area. She is the author of "31 Days of Personal Development" e-workbook.

Latiesha has worked in the human services sector for fourteen years and specializes in providing trauma-informed interventions to vulnerable, minority populations. Latiesha earned a Master of Clinical Mental Health Counseling in 2022, a Master of Public Administration in 2016, and a Bachelor of Communication in 2010. Latiesha is a 2021 Virginia Counselors Association Fellows Scholarship recipient.

She plans to continue working with underserved populations and develop mental health and wellness digital products, to educate and advocate for mental health awareness. Latiesha is married with two sons and enjoys visiting walking trails and trying new restaurants.

