



LATIESHA WIGGINS

Licensed Mental Health Professional



757-276-3331



lwiggins@risebh.com

ABOUT ME

Latiesha is a Licensed Professional Counselor with 17 years of experience in the human services field, specializing in engaging, practical mental health trainings for schools, organizations, and communities.

EXPERTISE TOPICS

Emotional Regulation
Effective Communication
Stress Management

TRAINING/WORKSHOP RATES

90-Minute In-Person	\$750
60-Minute Virtual	\$550
Training	
Half-Day Staff Training (2–3 hrs)	\$2500+
Full-Day Training (4–6 hrs)	\$4600+
Ongoing Consulting (Monthly)	\$3100+
Printed Materials (per session)	\$150+