



www.preventionwithintention.com

Tasha-Nisha Frazier

TRAINER, FACILITATOR, SPEAKER
& PROFESSIONAL DEVELOPMENT
COACH

MEDIA KIT



**PREVENTION
WITH
INTENTION, LLC.**

Hi. I'm TaTa-Nisha!

TRAINING, FACILITATION, COACHING

TaTa-Nisha Frazier is a dynamic force in professional development, combining her lessons learned along with her lived experience in addiction recovery, mental health advocacy, and leadership she is here to transform how soft skills are taught.

As the founder of a leading training company, she infuses empathy, resilience, and authenticity into every session. Her unique ability to connect with diverse audiences ensures participants leave empowered, equipped, and inspired to navigate the complexities of today's workforce. With a passion for helping others thrive, TaTa-Nisha is redefining what it means to build meaningful connections and lasting professional growth.

At the heart of her training company is a commitment to accessibility and innovation. Offering in-person sessions, virtual workshops, and online on-demand courses, TaTa-Nisha ensures organizations have flexible options to meet their goals. Whether supporting behavioral health programs, educational institutions, faith-based organizations, or professional licensing bodies, her solutions are tailored to enhance workforce readiness.

Her story inspires transformation, her approach drives results, and her dedication to fostering growth is unmatched. By turning challenges into teachable moments, she creates opportunities for others to unlock their full potential and embrace the power of soft skills.



60.5K

Training



30.5K

Group Facilitation



3K

Coaching session



12K

Supporter



SPEAKING TOPICS

- ✓ "Building Emotional Intelligence: Essential Soft Skills for Professional Success"
- ✓ "Navigating Stress and Burnout: Tools for Finding Balance in Work and Life"
- ✓ "The Power of Self-Care: Strategies for Prioritizing Your Mental Health"



The Georgia Coalition for Higher Education in Pri

Client Testimonials

“

TaTa-Nisha is a powerful source of support and such an amazing person. Looking forward to having her at our future events again.

Cassandra B.

“

TaTa-Nisha helped me get started on the deep inner work I was afraid to do. I did not realize how much help I really needed.

Jennifer Y.

The Podcast

COMING
SOON

@PREVENTIONWITHINTENTON

Hello and welcome to the Recovery Global News Network podcast, where we will explore topics related to navigating mental health and substance use recovery, self-care, personal and professional development. Our goal is to provide you with practical tips, inspiring stories, and expert advice to help you on your journey towards a healthier and happier life.



UPCOMING EPISODES

Ep1: Navigating Early Recovery
with guest friends and family

Ep2: Navigating Self-Care
with guest panel discussion

Ep3: Understanding the value of Soft-Skills
with host TaTa-Nisha F.

Ep4: Recovery and Self-Care
with special guest

3YR GOAL

350k+

total podcast
downloads

18k+

average monthly
downloads

5k+

unique monthly
visitors

4.9

podcast rating

MY AUDIENCE

100%

all ppl

100%

all ages

100%

USA, OTHER
COUNTRIES



WHO I WORK WITH

TaTa-Nisha ensures individuals and organizations have flexible options to meet their goals. Whether supporting behavioral health programs, educational institutions, faith-based organizations, or professional licensing bodies, her solutions are tailored to enhance workforce readiness.

WHAT YOU CAN EXPECT

Her story inspires transformation, her approach drives results, and her dedication to fostering growth is unmatched. By turning challenges into teachable moments, she creates opportunities for others to unlock their full potential and embrace the power of soft skills.



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GET IN TOUCH

Thank you for your interest! I'd love to chat with you about how I can support you in these areas and help you achieve your goals. Feel free to reach out using the contact details on the left. I'm looking forward to connecting with you and exploring how we can work together!

TaTa-Nisha