



DR. DEE CARROLL  
MOVING BEYOND

*“Dr. Dee”,  
Your Emotional  
Emancipation Doctor!*

**Dee Carroll, PhD**

SPEAKER | COACH | CONSULTANT

STEP INTO  
YOUR FREEDOM  
AND REINVENT  
YOUR TOUGHEST  
CHALLENGES

AS FEATURED ON:



FORTUNE

500



Psychology Today

FOX

Daily Herald



# BIOGRAPHY

“Are you overwhelmed with tough decisions? Has life dealt you some difficult blows? Are you wondering how to rise from the ashes?”

Dr. Dee is a “Phoenix”, having obtained a new life for herself, exemplifying personal growth and development. She arose from the hot and sulfuric ashes life placed at her feet and found the strength to persevere through overwhelming odds. Mastery of personal growth, the pinnacle of success, and moving beyond life’s obstacles are the foundation of Dr. Dee’s offering as a life coach, motivator, and author.



“  
**You DO have  
a choice.  
You can soar  
like you never  
have before!**  
”

Today she is a global powerhouse driving forward inspiration and empowerment in others. Dr. Dee is renowned for the use of her incredible passion and captivating personal experience in support of your move beyond trials, tribulations, and adversities towards *emotional emancipation*.

Dr. Dee is a global empowerment speaker, coach, and a consultant who has captivated audiences worldwide with her own story of transformation and reinvention! Empower and engage your audiences on the recreation of a beautiful life with Dr. Dee’s uniquely developed dynamic speaking and teaching approaches.

She has spent over 28 years in HR and Management, founded and led a multi-million dollar firm, and holds degrees in psychology and business administration and management, with aspirations towards an advanced degree in divinity with a focus on Christian counseling.

Dr. Dee can be the guiding light that is needed when you are faced with a “life happens” moment. Adversities can position us to be stronger, better, and more capable than ever before. Dr. Dee will prepare you to find your way and develop into the person that you were meant to be.

# CREDENTIALS

"Your dreams, desires, and goals are within reach...Stay in the game!"

## Featured Appearances:

- Psychology Today
- ABC, CNN, FOX, CBS, NBC
- Fortune 500
- Daily Herald, Digital Journal
- Hustle Mama Magazine
- United States Senate Committee on Housing and Urban Affairs
- Numerous Radio Shows & Podcasts

## A Few Publications and eReleases:

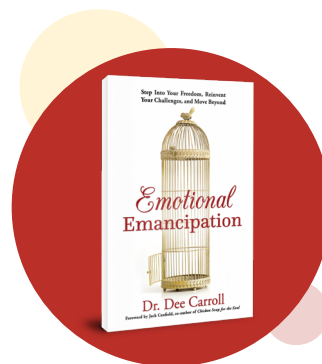
- How Adversity Can Be Your #1 Solution
- Let Challenge Inspire and Empower You
- Recover, Restore, and Reinvent Your Life
- Discover How Life's Obstacles Equate to Your Success
- Move Beyond Negative Emotions to Freedom and Happiness
- What Black History Month Can Teach Us About Resilience
- Dialogue with Dr. Dee videos on Youtube under "Dr. Dee Carroll"
- Dialogue with Dr. Dee: Moving Beyond Podcast (Upcoming)

## Join the growing list of organizations Dr. Dee has worked with:

- Executive Office of the President of the United States
- Defense Security Service
- General Service Administration
- Howard University
- Georgetown University
- Bowie State University
- National Association of Social Workers
- Oxford House International
- Mary Kay, Inc.
- Delta Sigma Theta Sorority
- Mt. Zion Baptist Church
- Living Word International Christian Church, formerly known as Immanuel's Church
- Entrepreneur Networking Seminar
- Wright Patterson Airforce Base Small Business Development Seminar
- Potomac Power and Electric Company
- Royal Caribbean Cruise Lines Professional and Personal Development
- And others!

## Books by Dr. Dee:

- *Emotional Emancipation: Step Into Your Freedom, Reinvent Your Past, and Move Beyond*
- *Looking 4 Love In All The Wrong Places (Upcoming)*
- *Dialogue with Dr. Dee, Moving Beyond Journal (Upcoming)*



## Praise for *Emotional Emancipation*:

"Dr. Dee provides us with a road map full of clear directions and inspiration to help us not only overcome our struggles but to come out at the other end as stronger and better human beings." - Harvey

"Dr. Carroll's book provides an excellent step by step guide to overcoming adversity. Her book has encouraged me to stay strong when things get tough and seem as though it will never, ever get better. I have been fortunate enough to hear her speak and WOW, what an inspiration. This is a must-read!" - Cheryl

**Available where books are sold!**

Dr. Dee Carroll | Office: 301.587.0700 | Mobile: 202.905.6653  
contact@drdeecarroll.com | www.drdeecarroll.com



# SPEAKING TOPICS



As an incredibly gifted speaker, Dr. Dee speaks to:

Public and Private Sector Entities, HR Departments, Corporate, Associations, Women's Groups, Small Businesses, Churches and Religious Organizations, Recovery Programs, Divorce Groups, Colleges and Universities, and more! Dr. Dee will also work with individuals and families to move through especially difficult or traumatic emotional circumstances.

## Story Ideas Include:

- The Power is in Keeping Score of Your Accomplishments...Not Those of Others
- Ideas, Creativity, and Focus – Your Journey to Abundance and Success
- Your Words Shape Your Destiny – Avoid Speaking Negativity...Instead Speak Positivity, Joy, Greatness, and Goal Achievement
- Make Your Adversities Your Growth Opportunities... Embrace Hope and avoid Hopelessness
- Make Your Side Hustle “You” ...How to Grow and Develop During Your Challenges and “Becoming Your Best You”
- When Things are Slow, It is Time to Grow... Self Educate During Challenging Times
- Stepping Stone vs. Stumbling Blocks – Your Adversities and Stumbling Blocks Are The Stepping Stones to Your Future
- In Search of Your Perfect Place...Identifying and Embracing Your Purpose
- Life Happens Moments...Learning Through Trials, Tribulations, and Adversities
- Your Growth and Development Results in the Changed Outcome...Quitting Can Never Be an Option
- Facing Forward in Spite Of...Looking Back Does Not Allow for Where You Are Going and How You Will Get There

## Hooks Include:

- **Embrace Your Challenges and Tap into Your Resources**
- **Thriving and Surviving During Times of Uncertainty – Your Best is Lurking Within**
- **How to Exhibit Strength and Courage During Your Challenges - Move Beyond or Suffer in Silence**
- **Change Your Perception and Change Your Mindset**
- **Forgiveness Can Propel You to Greatness**
- **Tap into Your Grace and Give Your Effort a Minute**
- **Be Your Best You - Identify Your Force Within**
- **Give with No Expectations of Receiving... Your Path to Peace**
- **Every Storm Comes with A Beginning and Ending...Know Your Path Forward**
- **Your Dreams, Desires and Goals are Within Reach...Stay in The Game**
- **Failing to Succeed...It Requires Failing to Know That You Can Succeed**

Dr. Dee is Available Nationwide & Internationally and is Based in Washington, DC Metro Area.

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contact@drdeecarroll.com | www.drdeecarroll.com



## CONNECT WITH DR. DEE

"My prescription is my FREEDOM Acronym, which can be used anytime you want to become *emotional emancipated*."

### The FREEDOM Acronym:

- F**orgive Yourself and Others (realize your part in the situation)
- R**ejuvenate, Replenish, and Reward Yourself (take time for you)
- E**mbrace the Possibility (change your perception, change your life)
- E**xpress Gratitude While Being Enlightened (be thankful for the growth-there is no growth without adversity)
- D**on't Quit, Stay in the Game (your chance of winning is based on your commitment to stay the course)
- O**wn the Fear (take ownership as opposed to allowing fear to own you)
- M**ove Beyond Agony to Achievement (your time is now)

*Move Beyond Agony to Achievement*



Dr. Dee is a leading authority in transformation and reinvention and will customize her approach for your event. Her uniquely developed dynamic speaking and teaching approaches have afforded her the opportunity to support countless individuals and organizations in their pursuit of goal and dream achievement.

Dr. Dee is available for local, national, and international engagements and is based in the Washington, D.C. Metro Area. Reach out to discuss booking details!

CONNECT:  
WITH DR. DEE  
ON SOCIAL

[twitter.com/Dr\\_De\\_Carroll](https://twitter.com/Dr_De_Carroll)

[linkedin.com/in/drdeecarroll](https://linkedin.com/in/drdeecarroll)

Youtube: Dr. Dee Carroll

[facebook.com/DrDeeCarroll.MovingBeyond/](https://facebook.com/DrDeeCarroll.MovingBeyond/)

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