



TOTAL LIFE CONSULTANCY LLC

Transforming Leadership Capacity

Company Contact

Total Life Consultancy LLC
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Company Info

Since 2015, TLC LLC has empowered multicultural professionals to reach their full potential. We deliver customized, internationally recognized programs that drive measurable results for organizations seeking to elevate their teams. With a proven track record of excellence, TLC LLC provides the expertise and credibility you need to achieve spectacular growth.

Pertinent Codes

(CBE) DC Certified Business Enterprise/DC Supply Schedule
(EDWOSB) Women Owned Small Business Economically Disadvantaged
UEI - EMQ1QL3JSHE3 CAGE Code: 8KL62
PSC: U001, U006, U008, U009
NIGP Codes: 7159020, 9171000, 91800000, 9183800, 9241600, 9247800, 9244140, 9247835

Company Certifications



Executive Coaching | Leadership Development Training | Strategic Planning | Consulting

Total Life Consultancy is a full-service coaching, training, and consulting firm that provides innovative customized solutions to help our clients achieve and exceed their goals. Our performance-based learning systems are designed to ignite behavioral changes and maximize retention. We offer high quality strategic planning, executive coaching, and leadership development services for C-suite executives and emerging leaders that cater to the unique needs of diverse organizations which makes TLC the perfect partner to help you to level up and achieve spectacular results for you and your team!

Past Performance

9/2024 - Planned and implemented multi-site Educator Wellness Spaces for DBH (Ghislaine Toussaint-Green, Family Wellness Project Director)

7/2024-Present - Provide Project Management for DBH Office of Opioid Abatement ACC Transformers ROPE project (Lamont Mitchell, ACC COO)

3/2024-11/2024 - Planned event for 100 Healthcare Employers Best Practices Convening for Black Women Thriving (Nakeisha Neal Jones)

3/2023-10/2023 - created customized workshops for Zipcar Women's ERG group, as well as empower the women who participate in it, with a series of professional development workshops. (Maria Sigala, Dir. HR)

7/2022 -6/2023 - CBE Subcontractor for GW University Center for Excellence in Public Leadership - Executive Coaching, Training and Consulting for various DC agencies - DOES, OSSE, ONSE, DCHR - (James Robinson, George Washington University-CEPL Executive Director)

1/2022 - Present - Executive Coach supporting FUSE Executive Fellows with their transition into the public sector, project success, and personal and professional development. (María Rodríguez, Prog. Manager.)

9/2021-12/2021 - Creation of customized coaching curriculum for DCPS Administrators to promote change (Cara Fuller, Ballou Stay HS Principal)

12/20 - Present - Executive Coaching & Communications Coach for professional development at various government, Fortune 100 and Non-Profit firms- (Lola Vigg, BetterUp Strategic Communications)

1/20 - 12/20 - Executive Coaching Leadership Professional Development Program including the creation of a customized curriculum coaching program for Senior Executives and Managers designed to change the overall culture of the organization. (Rosa Smith, DYRS Training Officer)

Company Differentiators

- Strategic Planning and Community Development Strategists. High-energy team, determined to ensure the highest level of quality of services and solutions that are specific, measurable, actionable, results-driven, and time based.
- Culturally competent team sensitive to unique needs of individuals and organizations across all industries.
- Decades of experience and numerous internationally recognized credentials including: Certified Executive Coach, PHR, ICF PCC, Corporate Trainer Certified, Diversity Management, Certified, Mediation, Negotiations, Six Sigma Green Belt Certified, Executive Management Certified, PMP training, Certified Diversity Executive, Certified Emotional Intelligence, Certified Trauma Professional, International Coaching Federation (ICF) Accredited Coach training program, Individual & Organizational Assessments Administrator. Google I Am Remarkable Platinum Tier Facilitator.

