

Capability Statement



WOSB Pending

CORE COMPETENCIES

A Lite 4 Life specializes in trauma-informed care with over ten years' experience helping businesses like yours achieve success by providing emotional support to your employees and those you serve. I can provide training in trauma-informed approach and key assumptions and principles for navigating through the complexities and identifying healing and coping strategies for overcoming trauma. A Lite 4 Life also specializes in strength and growth practices to enrich marriage and couples' relationships.

- Trauma Therapy
- Adverse Childhood Experiences (ACEs) Workshops
- Marriage and Relationship Therapy
- Authored: Adverse Childhood Experiences ACEs Workbook: A Practical Guide to Navigating Through the Complexities

PAST PERFORMANCE

- **Prince William – Manassas Regional Adult Detention Center, 9320 Lee Avenue, Manassas, Virginia 20110 (703) 792-6420 – 2022 – Present.** Received sponsorship fee of \$200. Provided an Adverse Childhood Experiences (ACEs) Training and ACEs test to help identify childhood trauma, discover the different types of trauma, identify core symptoms, triggers, healing and coping strategies for trauma.
- **Black Mental Health Alliance, 900 East Fayette Street, #22111, Baltimore, Maryland 21203 (301) – July 2022 –** Received \$200 Honorarium. Provided an Adverse Childhood Experience (ACEs) Training and ACEs test to identify childhood trauma, discover the different types of trauma, identify core symptoms, triggers, healing and coping strategies for trauma.
- **A Lite 4 Life – Country Inn & Suites by Radisson, Fredericksburg South (I-95), VA, November 18, 2023 -** Hosted A Journey to Wellness (ACEs Workshop) – Hope Healing and Good Health. Received \$990

References:

- Teresa Ford, Park Property Manager - Fredericksburg, Virginia, 22407, (540) 446-6316
- Shawn Michelle Wilson, Paralegal Specialist, Woodbridge, Virginia 22192, (703) 232-2510

DIFFERENTIATORS

- Survivor of Childhood Trauma
- Youth and Adult First Aid Instructor
- Certified Prepare and Enrich Facilitator
- Certified Trauma Informed Care
- Licensed Minister
- Licensed Marriage Commissioner
- Notary Public
- Inspirational Speaker

COMPANY DATA

www.alite4life.com

- SWaM certified, #825174
- NIGP codes: 91800, 92418, 92440, 92441, 92442, 92464, 92478, 95200, 95221
- UEI: H8H9M59G43C5
- CAGE Code: 9KVD6
- NAICS codes: 624190, 611710, 813110
- WOSB-certification, pending

