



# Dr. Richelle Whittaker

CEO of Next Steps Coaching & Consulting

As CEO of Next Steps Coaching & Consulting, Dr. Richelle Whittaker is paving the way for all parents to unapologetically live their lives as they see fit.

Her passion for building healthy families – which are the cornerstone of society – prompted her to start Next Steps Coaching & Consulting. She leads the charge in providing unrelenting support to parents and shedding light on tough topics that many often feel ashamed to discuss. The company is comprised of two divisions to empower parents in all aspects of their lives: **Next Steps @ Work**, which partners with corporations to build supportive workplace cultures for working parents, and **Next Steps @ Home** to provide one-on-one support to parents to help them cope with unplanned challenges..

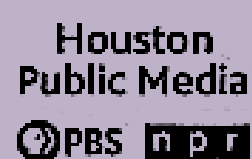
Bringing more than 20 years of experience as an educational psychologist, maternal mental health expert, certified perinatal therapist, parenting coach – and mom, Dr. Whittaker has developed innovative parent programs that are a blend of science and experience to ensure that parents get the resources, support and care they need to succeed at home, at work, and in their communities.

Dr. Whittaker is a speaker, author, and podcast host who empowers and supports parents and caregivers so they can live life fearlessly.

## Speaking Topics

- Postpartum Depression: A Lived Experience
- The Journey from Loss to Delivery
- Why Women with PMADs Don't Seek Help
- Chaos, Confusion & Challenging Behaviors
- Burps, Bibs, & Breakdowns: Understanding PP PTSD
- Three Ways to Fight Overwhelm Awareness, Detection, & Support for Children with Disabilities
- Everything You Wanted to know but Were Too Afraid to Ask About the ARD/IEP Process
- Awareness of Paternal Postpartum Depressions
- The Importance of Parenting Programs in Building Inclusive Cultures

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