

# SPEAKER OUTLINES & BIO



[www.consciousbyus.com](http://www.consciousbyus.com)

# Speaker BIO

Tahitia Timmons MSN, RN,CDP®, CDE®

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Tahitia is passionate about creating dialog around diversity, equity, and inclusion (DEI) especially when framed in the context of authenticity and health issues. She has nearly 20 years of experience working with organizations and individuals, developing, presenting, and consulting on inclusive content.

- She owns and leads, Conscious By Us, LLC a Certified Small Business (SBE), Minority Women Business Enterprise (MWBE) and LGBTQ+ Owned Business Enterprise (LBE) in New Jersey. which focuses on DEI and raising awareness around health equity through coaching, SME consulting, and speaker events.
- She identifies as a Black, autistic, queer, cis-gendered woman who has some mobility issues.
- She focuses on creating psychological safety and integrates advanced concepts of belonging and engagement in her coaching practice.
- She hosts the podcast, 52 Weeks of Health Equity, which showcases all the great work and effort going on to create a more diverse and inclusive world. The podcast interviews a variety of guests that directly or indirectly improve people's health by creating a more diverse, inclusive, and equitable world.

When she is not coaching, creating, speaking, or volunteering, you'll find her spending time with her family, or looking up random facts.



# Introduction to Diversity, Equity, and Inclusion (DEI) through the Health and Wellness Lens

## Content Outline

- What is Diversity, Equity, and Inclusion (DEI)?
  - Definitions of diversity, equity and inclusion
  - Review equity versus equality
- The connection between DEI and health outcomes
  - social determinants
  - health and wellness framework
  - health equity
- Best practices
- Barriers
- Wrap up
  - Questions & Answers



# Health Equity Matters - Why We All Need to Address Health Disparities

## Content Outline

- Understanding health equity and health disparities
- The importance of addressing health disparities
- What are the social determinants of health
  - impact on health equity
- The economic impact of health disparities on workplaces
- Best practices promote health equity in the workplace
- Wrap up
  - Questions & Answers



# Trauma-Informed DEI

## Content Outline

- General review of DEI concepts
- Understanding Trauma and its Impact on Individuals and Communities
  - Prevalence of Trauma
  - Trauma Informed Care concepts
- What is Trauma Informed Diversity, Equity,
  - Benefits
- Challenges and Barriers to Trauma Informed DEI Practice
- Review of Trauma Informed DEI Best Practices
- Wrap Up
  - Questions & Answers



# Why Creating Safer Spaces Matter to Our Health

## Content Outline

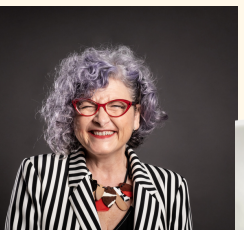
- Why safe or safer spaces are important
- Benefits of having safe spaces in the workplace
- How safe spaces promote authenticity and improve mental health
- How diversity, equity, and inclusion fit in
- Best Practices
- Embodying safer space thinking beyond the workplace
- Wrap up
  - Review of overall health and well-being impact
  - Questions & Answers



# Intersectionality and Diversity, Equity, and Inclusion (DEI)

## Content Outline

- Overview of intersectionality
  - Identity
    - Personal & Social
  - Intersectional awareness
    - What is power/privilege
- The impact
  - Internal & External
  - Society
  - Workplace
    - including positive and negatives
- Best practices
- Wrap up
  - Questions & Answers



# Embrace Equality & Equity, Empower Women

## Content Outline

- Overview of
  - Gender, Equality, and Equity
- Women's experiences through history
- Intersectionality
- What the heck is imposter syndrome?
- Best practices
  - Empowering women in the workplace & beyond
  - Breaking the Glass Ceiling
- Wrap up
  - Questions & Answers





# Promoting Antiracism in Healthcare, the Black Experience

## Content Outline

- Defining racism
- Black experience in healthcare
- Historical context
  - Institutionalized racism in healthcare
    - Examples
  - Myth & Imagery
- The social determinants of health
  - impact & influence on racism in healthcare
- What is antiracism practice?
  - Benefits, Challenges, and barriers
  - Discuss at least two ways practitioners can foster anti-racism
- Wrap Up
  - Questions & Answers



# LGBTQ+ and Health Equity

## Content Outline

- Discuss the relationship healthcare providers and the LGBTQ+ Community have and how to be advocates
- Discrimination and the LGBTQ+ Community
- Intersectionality, Healthcare and the LGBTQ+ Community
- Discuss best practices for ensuring LGBTQ+ inclusion and engagement
  - Making an impact as Providers with LGBTQ+ Patients
- Common Pitfalls
- Current & Future State of US Healthcare & the LGBTQ+ Community
- Wrap Up
  - Questions & Answers

