

# TRANSFORMATIVE BALANCE WITH



TRANSFORMATIVE  
COACHING & CONSULTING

# Dr. Sola

## ARE YOUR EVENTS PAYING OFF?

**Dr. Sola Brings Passion, Inspiration & Generates ROI Every Time!**

Dr. Sola is a Professional Speaker, Licensed Clinical Therapist, and Certified Professional Life Coach. She is the founder, CEO, & Psychotherapist at Butterfly Counseling Services and the Founder, CEO, & Certified Professional Life Coach at Transformative Coaching & Consulting. Dr. Sola's passion as a speaker, therapist, and coach stems from her backstory of coming to the US as an immigrant from Nigeria, West Africa, overcoming personal and business struggles through personal growth, a high-performance framework, and a focused sustainable process.

Dr. Sola believes that in order to succeed the individual must stay on top of their physical, emotional, and mental health and have a knowledge of coping mechanisms & skills to overcome barriers and challenges.



Dr. Sola is a popular professional speaker who offers solutions for enhancing corporate culture, improving mental health & wellness, minimizing stress, and preventing burnout. She highlights the importance of cultural competency in the workplace and effective communication techniques to improve relationships. She empowers women to go from burnout to balance by utilizing realistic self-care toolkits for a work-life balance.

Dr. Sola has spoken to several colleges universities and agencies and is a former Associate Chairperson and Assistant Professor in the Human Services Department at St. Joseph's University in Brooklyn, NY.

Dr. Sola has been interviewed by NBC News New York and Spectrum News NY1. She established the Victoria Ibironke Scholarship Fund to make education accessible to girls and women in developing countries.

## BOOK DR. SOLA FOR YOUR NEXT EVENT

📞 516.285.2721 ✉️ [drsola@transformative.cc](mailto:drsola@transformative.cc)

### SPEAKING TOPICS:

Mental Health

Burnout Prevention

Stress Management

Emotional & Cognitive Wellness

Cultural Competency

Relationships & Communication

### CORPORATIONS AND INDUSTRY EVENTS SERVED:

Posi+iveHire



SUCCESS ALL



**"Dr. Sola's expertise in making complex subjects accessible and her ability to offer practical, actionable advice truly set her apart as a speaker. Her engaging presentation style at our wellness event left a lasting impact, leaving the audience empowered and inspired to take positive steps toward their well-being".**

**-Janet Martin, CEO, Success All**