

Danielle Turner, LCSW

Author | Speaker | Self-Care Advocate | Retreat Host | Therapist




Presentation Topics

- **Finding Your Essence: Self-Care Through Life Transitions**
The impact self-care plays when going through life transitions and how to empower your self-care.
- **Preventing Burnout As A Mental Health Practitioner**
Learn how to take care of yourself and reduce burnout as a practitioner.
- **Confronting Stigma and Cultivating Self-Care in the Black Community**
Empower the black community to see the value of self-care.

Contact

 danielle@daniellewturner.com

 860-245-1618

 www.daniellewturner.com

 @inneryouclinicalservicesllc

 @danielletheselfcareadvocate

About

Danielle Turner, licensed clinical social worker is a multi-awarding winning therapist, best-selling author, podcast host of The Purple Butterfly Podcast, speaker and self-care advocate. She is the CEO and owner of Inner You Clinical Services, LLC, a wellness mental health group providing therapeutic services to adults and children. Danielle has 20 years' experience in the mental health and wellness field. She holds a master's degree of social work from Springfield College and is a certified trauma-informed individual and group therapist trained in cognitive behavioral therapy.

In 2021, Danielle was named one of Connecticut's 100 Women of Color for community service. Danielle was awarded the 2022 Mental Health Innovator of the Year award. Danielle is a graduate of the Knownpeuners Accelerated Business Program for BIPOC small business owners and a graduate of the NSADQ Milestone Business Program for women entrepreneurs.

Danielle's mission is to help women align all areas of their lives as a self-care advocate and therapist because she believes every woman should prioritize their mind, body and spirit in a healthy way to build confidence and inner harmony.

Speaking Engagements

- Black Speakers Mental Health Symposium
- The Ultimate Therapist Business Summit
- Breath Again Conference
- Bloomfield High School Girls of Technology Day