

Nephtalie Dujour

Wellness Coach · Health Equity Advocate · Guest Instructor

Overview

I offer guest workshops, facilitation, and speaking sessions designed to support individuals and teams navigating life transitions, wellness challenges, and workplace stress. My approach blends lived experience, public health expertise, and coaching tools to create inclusive, trauma-informed spaces rooted in compassion, clarity, and connection.

Signature Topics

Reclaiming Balance

Tools to ground identity, create sustainable routines, and reconnect with self.

Boundaries & Burnout

Real-world strategies for setting boundaries, managing energy, and preventing burnout.

Culturally Competent Care

Inclusive care practices that center dignity, respect, and lived experience.


Formats & Logistics


- **Delivery:** Virtual or in person
- **Session Types:** Keynotes, workshops, panels, breakout sessions
- **Audience Size:** 10 to 1,000+
- **Includes:** Pre-session call, content outline, optional follow-up handout
- **Accessibility:** Inclusive and trauma-informed for all audiences

Why Book Nephtalie?

- 10+ years in public health and coaching
- Skilled at facilitating safe, reflective, and action-driven spaces
- Trauma-informed, DEI-grounded, and heart-centered
- Resonates across clinical, corporate, nonprofit, and community audiences

Booking & Contact

 booknephtaliedujour@gmail.com

 calendly.com/heyflourishandflow/speaking