

****December Sessions Open!!****



Email or DM to

Grab your spot(s)!

Share with a friend!

You're not "too sensitive."

You're tuned in. 🎯

**A year-long journey for Black women
who feel everything—and are ready to
thrive.**



Enroll

Enroll

ing soon



NOW!

@drtrenita



ROOTED & RADIANT

Grow deep. Shine bright. Know your name.

Grab your spot(s)!

Email: drtrenitachilders@gmail.com

[Subject: Rooted and Radiant]

OR....Send me a DM

AND Tell me which sessions you'll join!



Pricing and Bundle Discounts

Single Session: \$50

Pick Any 3: \$135 (save \$15)

The Full Journey (all 6): \$225 (save \$75)

"Pay It Forward" Option: Anyone who books the full 6-session package can sponsor a half-price seat (\$25) for a friend.



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So....What's the plan?



Session 1: Sensitivity as Your Superpower

DATE: Saturday, Dec. 6 at 11am EST

- You feel everything deeply – and sometimes that feels like too much. But what if your sensitivity isn't something to manage or "fix"? Join me for a real conversation about how deep feeling can be your greatest strength as a parent, partner, and human. We'll explore what sensitivity actually means, why it shows up differently in Black families, and how to honor it without burnout. Come with your questions, your stories, and your whole self.

Session 2: Music Lovers Circle

DATE: Sunday, Dec. 7 at 11am EST

- Music hits different when you're sensitive – it's not just background noise, it's a whole experience. Whether you're the person who needs the right playlist to function or you're raising a kid who feels music in their bones, this session is for you. Let's talk about how music connects us to memory, emotion, and joy, and how we can use it intentionally in our homes and our healing. Bring your favorite song ready to share.

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Session 3: Bookworms & Deep Readers

DATE: Saturday, Dec. 13 at 11am EST

- If you're someone who gets lost in stories, who finds yourself in characters, who processes life through books – you belong here. This circle is for the parents who read to feel seen, to understand, to escape and return. We'll explore how our love of reading shapes the way we parent, connect, and make sense of the world. Bonus: you might just find your next great read from someone who gets it.

Session 4: Foodies & Kitchen Souls

DATE: Sunday, Dec. 14 at 11am EST

- Food is memory. Food is love. Food is culture, care, and connection. Whether you're the home cook who pours emotion into every meal or someone who just knows that the right dish can change your whole day, this session celebrates how food nourishes more than our bodies. Let's talk about feeding our families, honoring traditions, and what happens when taste and texture become part of how we experience the world.

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So....What's the plan?



Session 5: Nature as Sanctuary

DATE: Saturday, Dec. 20 at 11am EST

- There's something about being outside that just... resets you. For sensitive souls, nature isn't just nice – it's necessary. In this session, we'll explore why the outdoors matters for our mental health, how to bring more of it into our lives (even in the city), and how to share that peace with our children. Whether you're a hiker, a porch-sitter, or someone who just needs trees nearby, let's talk about how nature holds us.

Session 6: Sensitivity as Your Superpower (Encore Session)

DATE: Sunday, Dec. 21 at 11am EST

- Whether you missed the first session or want to revisit this work as 2026 approaches, this is your space. You feel everything deeply – and sometimes that feels like too much. But what if your sensitivity isn't something to manage or "fix"? Join me for a real conversation about how deep feeling can be your greatest strength as a parent, partner, and human. We'll explore what sensitivity actually means, why it shows up differently in Black families, and how to honor it without burnout. Come with your questions, your stories, and your whole self.

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Why Choose Dr. Trenita Coaching?



Because generic wellness advice wasn't built for us —
and we know it.

What makes this different:

✨ Rooted in Black feminist thought — I don't just add Blackness as an afterthought. It's the foundation.

✨ Led by someone who's lived it — I'm a highly sensitive mama, researcher, and homegirl who's navigated burnout and come out stronger. The strategies I teach? I use them every single day. I don't just talk this work — I live it.

✨ Small groups, big transformation — These are NOT 100-person Zoom calls. You'll be seen, heard, and supported in an intimate circle of women who get it.

✨ Science meets soul — I bring sociological research, nervous system tools, and real-life strategies that honor both your mind and your spirit.

✨ No code-switching required — Show up exactly as you are. Your whole self is not only welcome — it's celebrated.