



MONTINA GALLOWAY

SPEAKER | LICENSED THERAPIST | CONSULTANT

Montina is a licensed clinical mental health counselor, speaker, workshop facilitator, and consultant for women who have been carrying the weight of parentification throughout their life. Her notable TEDx talk ***“Why Black Women Should Stop Being Responsible”*** has disrupted the stigma of mental health discussions in the community. She has been featured on Fox46 Charlotte, appeared on various podcasts, and partnered with well known organizations to provide attendees with relatable yet transformative experiences. She specializes in educating and empowering women to take charge of their mental health and well being.

SIGNATURE TOPICS

- ✓ The Mental Health Impact of Parentification + Adulthoodification
- ✓ Psychological Safety + Mental Health at Work
- ✓ Impostor Syndrome in Black Women: Overcoming Limiting Beliefs at Work
- ✓ Custom Presentations + Workshops

“My vision is to create an environment where mental health conversations become normalized for Black women. This leads to an improved sense of self and healthier family relationships.”

6

years experience as a Licensed Mental Health Professional and business owner

5

years in corporate america

3100+

therapy sessions provided

NOW

on a mission to normalize mental health discussions for Black women

After managing a portfolio of business in retail merchandising for 5 years, she began to leverage her business acumen to launch a private mental health practice. Among the first in her family to work in corporate America and own a business, Montina speaks to the heart of your audience. Satisfied attendees report feeling empowered, having more clarity, and being more productive.

Montina helps Black women dismantle limiting beliefs and step into their power. She is committed to making it common for Black women to invest in themselves through mental health therapy and coaching.



The Responsible One Newsletter

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<https://tinyurl.com/2p8f68x7>

CLIENT FEEDBACK

"Captivating. Caring. Changer. What I want to highlight about Montina is her voice. Not the sound, but the confidence in knowing who she is so that she can help others find their voice..."

Deidra Willis,

CERTIFIED FINANCIAL PLANNER™



EMPOWERING BLACK WOMEN THROUGH THERAPY & COACHING



MYERS-GALLOWAY
COUNSELING



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Get in Touch!

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