



BENN THERE CONSULTING, LLC

Clarity for Your Mind. Confidence for Your Journey. Boundaries for Your Peace.

CEO WELCOME MESSAGE

Welcome to **Benn There Consulting, LLC** a safe, faith-anchored, transformative space created for women, men, and youth who are navigating life's toughest transitions. I founded this company after walking through my own seasons of uncertainty, heartbreak, reinvention, and rediscovery. Because I survived them, I am committed to showing others how to rise above them too.

My mission is simple: **Help support you in reclaiming the parts of yourself you lost along the way, becoming the healthiest, happiest version of YOURSELF!**

Whether you are a **woman** feeling overwhelmed and struggling with self-confidence, uncertainty, and establishing healthy boundaries, a **man** silently battling mental and emotional weight, or an **adolescent youth** searching for direction and support... you are not alone...

- * You are seen.
- * You are valued.
- * You are worth healing.

Let's walk this journey together.

Ellecia Benn-Williams

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MISSION STATEMENT

At **Benn There Consulting, LLC** our mission is to transform the lives of women who feel lost, overwhelmed, or disconnected from themselves by boldly restoring their identity, strengthening resilience, and cultivating purpose with clarity one session, one conversation, one breakthrough at a time, becoming a healthier, happier version of themselves.

With a deep passion to combat the stigma surrounding mental health, we are committed to supporting the mental well-being of men and adolescence youth, by providing compassionate guidance, faith-based tools, and proven culturally aligned strategies to help navigate emotional challenges, stress, trauma, anxiety, and personal growth.

We transform lives by restoring identity, strengthening resilience, and cultivating purpose one session, one conversation, one breakthrough at a time.

VISION STATEMENT

We envision a world where people feel confident in who they are, clear about where they're going, and emotionally supported as they navigate life's challenges.

A world where women walk boldly in self-respect, men feel safe seeking mental health support, and youth are equipped with the tools to thrive emotionally and academically. A world where healing isn't optional... it's accessible.

OUR CORE VALUES

Clarity

We help clients see themselves and their next steps with honesty, purpose, and renewed vision.

Confidence

We rebuild identity from the inside out—because confidence isn't loud, it's rooted.

Healthy Boundaries

We teach individuals how to protect their peace without guilt, apology, or fear.



Mental Health Matters

We advocate relentlessly for emotional wellness—for women, men, and youth across all communities.



Compassionate Accountability

We support, empower, and challenge our clients to grow with love, empathy, and truth.



Faith-Centered Transformation

We integrate spiritual principles that restore hope, direction, and resilience.

WHO WE SERVE

Women in Life Transition

Women who feel:

- Lost after divorce
- Overwhelmed by responsibilities
- Unappreciated, unseen, or unheard
- Unsure of their purpose
- Guilty for prioritizing themselves
- Exhausted by people-pleasing
- Ready for a fresh start

Our coaching helps them:

- ◆ Gain clarity
- ◆ Build self-confidence
- ◆ Establish healthy boundaries
- ◆ Heal from generational and relationship trauma
- ◆ Reclaim their identity
- ◆ Step boldly into their next chapter

Men Navigating Silent Struggles

Men who are:

- Carrying emotional weight alone
- Struggling to express themselves
- Facing increased pressure to “be strong”
- Battling anxiety, depression, or burnout
- Needing tools for stress and emotional regulation

We create a safe, judgment-free space where men can heal, grow, and redefine strength.

Youth & Adolescents

Young people who need:

- Encouragement
- Emotional skills
- Coping strategies
- Safe adult support
- Trauma-informed guidance
- Tools for confidence, identity, and resilience

We are committed to advocating for youth mental health in schools, communities, and homes.

WHAT WE OFFER

1. Individual Coaching for Women

Life transitions • self-confidence • boundaries • clarity • emotional healing
Signature Programs include:

- Compass to Freedom Consultation Session (**FREE**)
- Individual, Personalized Coaching Session Plans ranging from **4, 6, or 8 weeks**
(**select plans from:** *Be Gentle: Self-Care, The Art of Managing Mental Health, Strategies to deal with Grief, Blueprint to Creating Healthy Boundaries, Methods to communicate Effectively, The Divorce Vision Board, and more.*)
- 21-Day '**Mind Transformation and Self Renewal**' Signature Program
- 90 -Day '**Power Outage**' Signature Program

2. Men's Mental Health Support

Workshops, coaching, and resources for:

- Emotional regulation
- Stress management
- Relationship & family challenges
- Breaking stigma
- Redefining strength

3. Youth Coaching & Trauma-Informed Support

For ages 12–18:

- Coping skills
- Confidence building
- Mental health awareness
- School behavior support
- Trauma response and resilience

4. Workbooks, Journals & Transformational Courses

Each resource is created with intention, cultural alignment, and spiritual grounding to support mental and emotional well-being.

5. Community & School Programs

- Mental health education
- Emotional regulation workshops
- Coping skills development
- Staff professional development
- Parent support training
- Crisis & burnout prevention

6. Speaking Engagements

Ellecia Benn-Williams is available for:

- Conferences
- Schools
- Churches
- Community events
- Corporations
- Women's Empowerment events
- Men's mental health initiatives

WHY CLIENTS & INVESTORS TRUST US

A Proven Leader With Heart

With 20+ years in healthcare, mental health, preventive medicine, coaching, and public service, we bring **deep understanding, measurable strategy, and compassionate leadership** to every program.

Life-Changing Impact

Our coaching transforms emotional, spiritual, and mental clarity impact clients feel immediately.

Community-Focused

We design programs that uplift families, communities, schools, and organizations.

Investor-Appealing Scalability

Our services are scalable across:

- Schools
- Nonprofits
- Hospitals
- Corporate wellness programs
- Church ministries
- Virtual audiences nationwide

Investors recognize the long-term value in **mental wellness, preventive support, and community empowerment** and **Benn There Consulting** is positioned for national expansion.

CLIENT PATHWAY

Step 1 — Book a Free Consultation

We assess your needs, goals, and challenges.

Step 2 — Customized Support Plan

You receive a plan tailored to your emotional, mental, and life transition needs.

Step 3 — Begin Your Transformation

Start coaching sessions, workshops, or collaborative programs.

Step 4 — Thrive with Clarity, Confidence & Boundaries

CALL-TO-ACTION

🌟 Start Your Journey to Freedom by Booking Your Free Consultation Today!

Your transformation begins the moment you say “**yes**” to yourself.
Click below to take the first step:

➡ **Book Your Free Consultation** by navigating back to the website homepage and clicking on the booking button at the top of the page, clicking on the link <https://wix.to/g1fqzo6> or coping and pasting it in your URL

REMEMBER: You are Enough, You Matter, Your Feelings are Valid, and You are Stronger than you Think or Feel!

-Coach E