

Educator Wellness + Professional Learning

*Transformative learning
experiences for educators,
teams, & organizations*

JHENDERSON CONSULTING, LLC

Dr. Jameelah Henderson

Meet Dr. Jameelah Henderson



Hi! I'm Dr. Jameelah Henderson—educator, author, and CEO & founder of JHenderson Consulting, LLC.

I've spent more than 15 years in education as a teacher, curriculum designer, instructional coach, elementary principal, and now consultant and leadership coach.

I hold a Doctor of Education in Leadership from Spalding University, an Educational Specialist and Master's degrees from Bellarmine University, and a Bachelor's degree from the University of Kentucky. I'm also a graduate of the Truist Leadership Institute.

Everything I do through JHenderson Consulting is grounded in my *L.I.G.H.T.* core values: *love, integrity, grace, humility, and truth*. These values guide how I show up, how I lead, and how I partner with schools and districts. They shape the way I design professional learning, facilitate conversations, and create meaningful experiences for educators and leaders.

I'm committed to this work because I've lived the experiences that many teachers and leaders are facing right now. That's why creating space for reflection, wellness, and purpose matters so much to me. I am honored to be part of this work and look forward to partnering with you.



Dr. Jameelah

About JHenderson Consulting, LLC

Founded in 2020 by Dr. Jameelah Henderson, JHenderson Consulting, LLC supports educators and school teams through research-aligned, restorative, and personalized professional learning experiences that equip individuals and teams with practical tools to restore energy, deepen self-awareness, reconnect with their purpose, build resilience, sustain well-being, and strengthen their capacity to lead effectively.

MISSION

To equip individuals and organizations with reflective, human-centered tools that strengthen well-being, deepen self-awareness, and support personal and professional growth—so their leadership reflects clarity, purpose, and love, allowing God’s light to shine through in every space they lead.

VISION

To create a world where leaders grow from within—strengthening their character, capacity, and well-being—so their leadership reflects personal growth, professional strength, and service that creates lasting, meaningful impact.

Professional Learning Menu

Rest, Renewal, and Resilience: Sustaining Your Light as an Educator

A signature experience designed to restore purpose, energy, and clarity, helping educators show up as their best selves personally and professionally. Participants explore research-based practical and reflective practices that renew the mind, restore energy, and strengthen resilience.

Leading from Within: Building Self-Awareness for Stronger Practice

This workshop centers on the inner work that strengthens how we show up for students and colleagues. Educators deepen their self-awareness, identify patterns that shape their practice, and learn how presence and emotional intelligence influence the learning environment.

The Heart of Service: Reconnecting to Your Purpose

A guided experience to revisit the “why,” strengthen commitment, and rebuild confidence in the work. Participants leave with a renewed sense of purpose and a deeper sense of meaning in their everyday practice.

Creating a Culture of Care: Strategies that Strengthen School Climate

Rooted in the belief that love transforms communities, this session explores how educators can create school environments grounded in compassion, belonging, and grace. We explore practical approaches to strengthening relationships, improving communication, and cultivating a culture where love and care is the foundation of learning and collaboration.

Preventing Burnout: Sustainable Practices for Busy Educators

Educators often carry more than anyone realizes. This session offers realistic, sustainable strategies to manage stress, create healthy boundaries, and maintain emotional and physical well-being. Participants leave with tools they can implement immediately to protect their energy and create rhythms that support long-term well-being.

Leadership Coaching & Development

Professional learning creates momentum — coaching sustains it.

To ensure your leaders don't just *learn* the work but can *live it out* with confidence, clarity, and capacity, JHenderson Consulting offers individualized and small-group coaching options designed specifically for school and district leadership.

Our coaching experiences focus on strengthening leader capacity, emotional bandwidth, and long-term sustainability so they can effectively support staff, students, families, and their broader community.

1:1 COACHING

Personalized coaching for principals, assistant principals, deans, and district leaders seeking focused support, thought partnership, and sustainable leadership habits.

Coaching helps leaders:

- Strengthen instructional leadership
- Improve coaching and feedback
- Navigate challenging conversations
- Lead adults with confidence and compassion
- Stay grounded in priorities that matter most
- Build systems and habits that support effective time, team, and task management

SMALL GROUP COACHING

A supportive cohort model for ideal for principal teams, AP cohorts, emerging leaders, or multi-school networks.

Each cohort receives structured learning, practical tools, and collaborative problem-solving focused on:

- Strengthening leadership presence
- Improving communication and team culture
- Coaching teachers effectively
- Leading with emotional intelligence
- Managing change and building shared ownership
- Increasing leader sustainability and resilience

Partner With Us

All of the professional learning and leadership development experiences we offer can be tailored to support your organization, district, or learning community. From our “Hour of Power” sessions—perfect for staff meetings, PLCs, or lunch-and-learns—to fully customized programs, we partner with you to create solutions that meet your unique needs.

We can also design sessions on topics not listed. [Book a free call](#) to explore the best ways we can support your team.

For Individual Educators, School Leaders, and Teams

We offer a range of services designed to meet the needs of individuals, teams, and entire school communities. Options include:

- Leadership Coaching
- Educator Wellness Coaching
- New Leader Training & Development
- Instructional Coaching Support
- Customized Professional Learning Experiences

Flexible delivery options for every setting:

- On-site professional learning
- Full- or half-day workshops
- Virtual sessions & customized online experiences
- Multi-session series
- Keynote speaking
- Customized coaching packages

The Impact You'll See

Partnering with JHenderson Consulting strengthens the work you're already doing by supporting the educators and leaders who shape your community. We help enrich your environment, nurture well-being, and reinforce steady, effective leadership. Our work is designed to create outcomes that last—personally and professionally.

What You Can Expect

- **Stronger educator well-being** that leads to greater clarity, presence, and capacity in daily practice.
- **Renewed purpose and energy**, helping staff reconnect to their *why*
- **More grounded leadership**, rooted in self-awareness, emotional intelligence, and reflective practice.
- **Teams that communicate and collaborate more effectively**, resulting in healthier staff culture.
- **Increased resilience**—the ability to navigate stress, change, and demands with clarity and confidence.
- **Improved instructional and leadership effectiveness** through practical tools that are immediately applicable.
- **Sustainable systems of support** that strengthen school communities

Why This Matters

Inner growth shapes how we think, respond, and lead. When we develop from within, we show up with clearer purpose and grounded capacity. Operating with clarity and intention, we help create school environments where both students and adults can thrive.

Our goal is not just professional development.
Our goal is **transformation that lasts.**

LET'S PARTNER TOGETHER

IN THEIR WORDS...

“

From the moment I met Dr. Henderson, I felt inspired, motivated, and encouraged. As I stepped into my new leadership role, her guidance and reassurance helped me grow in confidence, trust my instincts, and believe in my abilities. I'm truly grateful to have learned from her.

Sarah Instructional Leader & Coach

Dr. Henderson equipped me with tools to embrace diversity in race, background, thought, communication styles, and professional experiences. Because of her coaching, I feel more prepared, more self-aware, and more capable of leading with empathy and strategy.

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Alice Assistant Director, Nutrition Services

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“Working with Dr. Henderson helped me see the strengths I couldn't always see in myself. Her guidance has been invaluable to me as an educator.”

Timothy Teacher Leader

Frequently Asked Questions

Who can participate in the professional learning experiences?

Our sessions are designed for individuals, leaders, teams, and & school communities. We can tailor experiences to meet the unique needs of your organization.

Can sessions be customized for our school or district?

Yes! All experiences—from workshops to coaching sessions—can be tailored to your mission/vision, goals, schedule, and learning environment. We can also work together to design sessions on topics beyond those listed in our professional learning menu as needed.

How do I get started or book a session?

[Click here to schedule a free call.](#) *During this conversation, we'll discuss your goals, challenges, and the best ways to partner so your team gets the support it needs.*

What outcomes can we expect from working with JHenderson Consulting?

Participants gain practical tools to restore energy, strengthen well-being, deepen self-awareness, reconnect with purpose, and build resilience. Leaders and teams walk away better equipped to lead effectively and create healthier, more sustainable learning environments.

Do you work with organizations that are not faith-based?

Yes. While our work is rooted in faith-based values, all sessions and coaching are inclusive and adaptable to any organization. Our focus is on supporting leaders and teams in meaningful, practical ways.

How is pricing determined?

Because each experience is customized to meet the unique needs of your organization, pricing is determined after our initial conversation. During a free call, we'll gather all the information needed to design a program that best supports your team and goals. We take pride in tailoring our work to meet your needs, and we're happy to discuss pricing options and partnership details once your plan is outlined.

Can I share this information with colleagues or other organizations?

Yes! Please feel free to share our brochure and information with colleagues, school leaders, or organizations who may benefit from this work. We welcome connections and referrals, and we're happy to discuss how we can support any team or community interested in partnering with us.

Stay Connected & Shine Bright

If you're ready to take the next step, let's explore how we can partner together to support your team, strengthen your community, and create lasting impact.

Let's Partner Together

Not ready to partner just yet? No problem! **Join the *Love Light Lead* Community** to receive monthly updates and daily messages that inspire, encourage, and help you lead with love and light—so you can stay connected and shine bright every day.

Join the Community

Thank You!

Thank you for considering how JHenderson Consulting, LLC can support your school, team, or organization. I'm excited to help educators and leaders restore energy, build resilience, reconnect with their purpose, and create meaningful, lasting growth—personally, professionally, and for the communities they serve.

With love & light,



Dr. Jameelah