



LAQUITA WILLIS, LCSW, CCTP, CGE

Speaker • Author • Trauma Therapist

Healing doesn't require us to become unaffected by life.

Through storytelling, humor, clinical insight, and lived experience, LaQuita brings honest conversations about healing, strength, and caring for others to stages and organizations. Her talks invite audiences to reconsider the expectations they've placed on healing and themselves.



SIGNATURE KEYNOTES

But I Had Done the Work

When Healing Doesn't Mean Life Stops Hurting

What happens when you've healed, grown, gone to therapy and life still hurts? LaQuita challenges the belief that healing should eventually make us unaffected by what we've lived through. 45–60 minutes

Takeaway:

Something affecting you again doesn't automatically mean you're back where you started.

Strength Should Be Available—Not Required

When Being "The Strong One" Becomes a Way of Surviving

An honest look at the cost of always being capable, dependable, and okay and what becomes possible when strength becomes a choice rather than a requirement. 45–60 minutes

Takeaway:

The goal isn't to become less strong. It's to no longer need strength to be your only option.

Caring Without Carrying

How to Care Deeply Without Becoming Responsible for Everyone Else

For helpers, caregivers, and leaders, LaQuita explores the difference between caring deeply and taking responsibility for other people's emotions, problems, and outcomes. 45–60 minutes

Takeaway:

Caring doesn't require carrying what belongs to someone else—or abandoning what belongs to you.

WHAT AUDIENCES ARE SAYING

“LaQuita is phenomenal. I enjoyed her workshop last year and was grateful to see her as the keynote speaker this year.

— Tilly-Ana Ceriser

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15+ Years in Behavioral Health | Author | Founder & CEO
2026 SBA Arkansas Small Business Person of the Year

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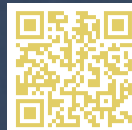
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