SPEAKER / AUTHOR / WELLNESS EDUCATOR

Dr. Althisha L. Matthews

INNOVATIVE HEALTH STRATEGIST



CONYERS, GEORGIA

I bring inspiration beyond the moment, giving audiences practical tools to think clearly and act confidently.

MEET DR. ALTHISHA

An author, speaker and founder of SquareRoot Institute of Health Sciences, Dr. Althisha L. Matthews connects personal development, intentional leadership and whole-person well-being.

Through Architecture of the Mind, she helps audiences examine the beliefs, experiences and assumptions shaping their choices. Her approach combines motivational teaching with guided reflection and practical application.

THE QUESTION THAT STARTS THE CONVERSATION

What is shaping the way you think, and how is that thinking shaping your life?

SPEAKING THEMES

Leadership with intention

High-performance and purpose-driven leadership, organizational growth and strategy, and corporate culture.

Personal growth that moves people forward

Transformation, motivation, emotional intelligence and emotional resilience.

Women leading and living well

Women in leadership and business, entrepreneurship, women's health and whole-person wellness.

AREAS OF EXPERTISE

01 High Performance Leadership

02 Personal Growth and Development

03 Intentional Leadership

04 Women's Preventive Wellness Education

05 Whole-Person Well-Being

FEES AND TRAVEL

IN PERSON

$5,000 - $10,000

VIRTUAL

$1,500 - $3,000

National travel

BOOK DR. ALTHISHA

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