



SENTIENT SHIFT
THERAPY + CONSULTING

CAPABILITY STATEMENT

L White Consulting, LLC is a human-centered consulting firm that transforms organizations by cultivating psychologically safe, innovative, and collaborative work environments. We specialize in HR services, leadership development, team dynamics, and organizational culture—empowering individuals, teams, and systems to achieve sustainable growth and mission-aligned success.

With over 30 years of combined experience in the nonprofit and for-profit sectors, our team brings a unique blend of leadership, executive coaching, management consulting, and clinically informed expertise. We deliver tailored assessments, interactive training, and strategic coaching that improve performance, reduce turnover, and build resilient, engaged teams.

CORE COMPETENCIES

Human Resources Management

We deliver strategic, human-centered HR solutions that strengthen systems, ensure compliance, and foster psychologically- safe workplace practices.

Talent Development

We design customized strategies to identify, nurture, and retain talent—building internal capacity and preparing future leaders from within.

Leadership Development

Our programs equip leaders with the emotional intelligence, adaptability, and self-awareness needed to lead with impact and authenticity.

Employee Engagement

We implement evidence-based engagement strategies that boost morale, reduce turnover, and foster a culture of trust, collaboration, and high performance.

Health and Wellness Management

We promote workplace well-being through holistic, trauma-informed practices that support mental health, resilience, and sustainable performance.

DIFFERENTIATOR

Consultants have knowledge and expertise in business and psychological

frameworks that are used in the development of services
Training and projects are tailored to the client's needs using assessment tools such as Design Thinking

CERTIFICATIONS

Authorized Partner Wiley Everything DiSC and Five Behaviors

NYC and NYS MWBE

SBA – Certified Women-Owned Business

SBA – Certified Economically Disadvantaged Women-Owned

Business MWBE - The Port Authority of New York & New Jersey

PAST PERFORMANCE

Department of Youth and Community Development (DYCD) – 2019 to Present

Created tools to identify the needs of providers. Provide technical assistance and training on topics related to leadership development, DEIB, employee engagement and talent development. Implement and manage virtual job fairs and networking events for community-based programs that are DYCD funded. Provide organizational assessments, strategic planning and creating DEI statements.

Fordham University – 2021 to 2022

Created surveys to determine the needs of consumers. Developed virtual and live training on DEI, collective trauma, trauma-informed practices, managing difficulties in challenging times, and health and wellness for staff.

Brookdale Hospital – 2017 to Present

Provide training and create staff management retreats on various topics such as communication, DEI, mental health, health, and wellness.

NAICS CODES

- 541612 | Human Resources Consulting Services
- 611430 | Program Management Development Training
- 541611 | Administrative Management and
General Management Consulting Services
- 611710 | Educational Support Services
- 621330 | Social Worker, Mental Health

NIGP CODES

- 91800 | Consulting
- 92435 | Training Services
- 91862 | Human Resources Consulting
- 91860 | Human Relations Consulting
- 91878 | Organizational Development Consulting
- 95226 | Counseling

