



NATIONAL CENTER for  
**YOUTH ISSUES**

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*Speakers Bureau*



# Sejal Parikh Foxx

AUTHOR, COUNSELOR, EDUCATOR AND SPEAKER

Dr. Sejal Parikh Foxx is a Professor and Department Chair at the University of North Carolina at Charlotte. She is also the Founder and Director of the Urban School Counseling Collaborative. She is co-author of *School Counseling in the 21st Century*. In 2015, she received the Counselor Educator of the Year Award from the North Carolina School Counselor Association. Dr. Foxx has presented over 160 conference presentations, invited workshops, and district trainings.

Prior to becoming a faculty member, Dr. Foxx was a high school and elementary school counselor in Florida. She worked in Title 1 settings and developed a passion for student advocacy, data-driven school counseling, and post-secondary readiness services.

## A BRIEF LOOK AT SEJAL'S WORKSHOP SESSIONS

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### **Culturally Responsive Approach to Solution-Focused Counseling**

Come and learn the basic concepts and skills related to culturally responsive practices and solution-focused counseling strategies. Infusing these principles can help foster relationships that respect and value diversity. This session will review the basic tenets of solution focused counseling, specific techniques, and skills.

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### **Got Data? Impact Equity and Access for all Students**

School counselors are student advocates. Data is a powerful tool in establishing buy-in from administration. Learn how to use data to create strategic and systemic change that focuses on equity and access for all students. Hear specific examples about which data to collect, how to review and analyze data, and creating school counseling interventions. Audience members will be able to practice using sample data.

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### **From Start to Finish: Small Groups in Schools**

Small groups can be a powerful source of support for students. In this session, participants will learn how to create small groups from start to finish. The audience will learn the structure of groups, leadership skills for facilitating sessions, and the process for evaluating effectiveness.

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### **East Meets West: The Power of Being Mindful**

School counselors are so committed to their students, that self-care can often take a back seat. Ignoring one's wellness can lead to stress, and even worse, burnout. Come and learn about the physiological impacts of stress and burnout. Learn about and experience mindfulness techniques that you can use daily and incorporate with your students. This session is interactive so come with an open mind and get ready to de-stress!

Contact Robert Rabon at [rrabon@ncyi.org](mailto:rrabon@ncyi.org) or 423-309-4300 to engage Sejal for your event