



NATIONAL CENTER for
YOUTH ISSUES

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Speakers Bureau



Dr. Teshia Stovall Dula, LPC

SPEAKER, AUTHOR, AND SCHOOL COUNSELOR

Teshia Stovall Dula, Ed.D., began her career in school counseling in 1998 and is currently serving as a school counselor for Gwinnett County Public School System (GCPS) in Georgia. Dula also works as an adjunct professor for Grand Canyon University. She has written two books, her first published book, *STEAM for The School Counselor*, has won two awards! Dula is a proud two-time graduate of Hampton University, where Dula received her Bachelor's and Master's Degree. In 2014, she received her Specialist from Liberty University, and in 2024, conferred her doctorate. Her career awards include the 2011 Recognized ASCA Model Program Award; 2018 GCPS Writer of the Year; 2018 GSCA Writer of the Year; 2020 GCPS Middle School Counselor of the Year; 2020 GSCA School Counselor of the Year; 2022 Finalist American School Counselor of the Year. She enjoys Jazzercise, reading, writing, and playing! She is married to Michael, a fun Physical Therapist, and she is the proud Mom to Michael "Harrison," Nathaniel, and Alyssa.

*Teshia specializes in numerous topics, including **Student-Focused Trauma & Behavior and Staff Wellness**. The Student-Focused Trauma & Behavior sessions focus on understanding and supporting students' emotional and behavioral needs using trauma-informed practices. The Staff Wellness sessions focus on the well-being of educators as a foundational aspect of student success.*

A BRIEF LOOK AT TESHIA'S KEYNOTE SESSIONS

Beyond Survival: Designing Schools Where Every Student Feels Seen and Safe

Adverse childhood experiences (ACEs) are a significant public health issue and have lasting effects on students' mental, physical, and emotional well-being. Understanding that many students have experienced ACEs, school counselors use developmentally appropriate, data-driven, and comprehensive programs to help students achieve success at school. A trauma-informed lens can have a profoundly positive impact on school climate, academics, attendance, and behavior, ensuring that school communities feel safe and supported, even in the face of adversity. This session introduces innovative strategies across Tiers 1, 2, and 3—including school-wide wellness initiatives, targeted small group supports, and individualized trauma-responsive interventions—to help you go beyond survival and build a culture of resilience and healing.

The Energy We Carry: How Staff Wellness Reflects in Student Outcomes

You can't pour from an empty cup—and in today's classrooms, the emotional well-being of educators isn't a luxury, it's a necessity. This keynote invites you on a powerful journey of reflection, restoration, and renewal. Explore practical, research-backed strategies to recharge your emotional energy, strengthen your self-regulation, and lead with authenticity. When educators feel supported and centered, students thrive. Walk away with tools to elevate both your wellness and your school culture—because healthy staff create healthy schools.

Contact Robert Rabon at rrabon@ncyi.org or 423-309-4300 to engage Teshia for your event

Mind Over Mayhem: Supporting Student Mental Health in Real Time

Building Safe Spaces, One Brain Break at a Time

Mental health isn't just a counselor's job—it's everyone's business. This energizing session equips educators with trauma-aware strategies to support student well-being, reduce classroom dysregulation, and respond with empathy instead of escalation. Learn how to create emotionally safe environments that promote academic and emotional growth in students.

Objectives:

- Recognize signs of stress, anxiety, and trauma in students across grade levels.
- Implement simple co-regulation and mindfulness practices that promote calm and focus.
- Develop a classroom mental health toolkit that supports Tier 1 well-being for all learners.

Repair Over Punish: Rethinking Discipline Through a Trauma Lens From Consequences to Connection

Shift from punishment to partnership. This session challenges traditional discipline methods and introduces a trauma-informed approach that focuses on connection, restoration, and understanding unmet needs.

Objectives:

- Contrast punitive and trauma-informed approaches to student behavior.
- Practice reframing behavior through the lens of unmet needs and regulation.
- Create a response flowchart for behavior incidents that prioritizes relationship repair.

Get Real: Let's "Spill the Tea" on Culture, Identity & Trauma-Informed Connection

From Honest Cultural Conversations to Trauma-Aware Classrooms

Let's "spill the tea" and engage in real, honest conversations about how culture, identity, and trauma shape the student experience. This session explores how cultural norms and lived experiences—including racial and generational trauma—affect student behavior, engagement, and school climate. Participants will reflect on their own cultural lens, recognize trauma's impact across diverse populations, and leave with actionable, culturally responsive, and trauma-informed strategies. Together, we'll build inclusive, healing-centered spaces where every student is seen, heard, and supported.

Objectives:

- Create safe, supportive spaces for honest dialogue around identity, culture, and trauma.
- Recognize how cultural experiences and trauma influence student behavior and engagement.
- Apply culturally responsive, trauma-aware strategies to strengthen relationships with students, families, and colleagues.

Empathy in Action: Staff Wellness & Regulation First

Staff Wellness & Co-Regulation for Trauma-Informed Schools

Your well-being matters. This session empowers educators to prioritize their emotional well-being as a foundation for creating safe and connected classrooms. Explore practical tools that promote staff wellness and help model emotional regulation for students.

Objectives:

- Recognize the connection between adult dysregulation and student behavior.
- Engage in 3 wellness strategies that promote co-regulation and model emotional safety.
- Design a staff self-care initiative or empathy circle using examples from trauma-responsive schools.

The Healing Starts Here: Staff Support Systems That Actually Work

Designing Sustainable Wellness That Goes Beyond PD Days and Pizza Parties

Staff wellness is not a one-day event—it's a system. This session goes beyond surface-level self-care to help you design trauma-informed, sustainable staff support systems that are embedded into the fabric of your school culture. Learn how to create structures that prioritize psychological safety, emotional regulation, and authentic connection for educators. Whether you're leading a school, a counseling team, or a wellness committee, this session offers practical tools, real-life examples, and innovative ideas that go beyond yoga and donuts—and actually support the people who make schools work.

Objectives:

- Identify components of an effective, trauma-informed staff wellness system.
- Explore strategies to integrate ongoing staff support into daily school operations.
- Design a customized plan for a sustainable, tiered staff support model.