

Lena Cohen-Hawkins

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PROFILE International Speaker | Corporate Trainer | 2X Author | Legislative Staff 28th Dist. NJ

Emotional intelligence expert and entrepreneur, with high level experience in the public, private, and non-profit sector; known for transforming lives, improving team/company morale, and motivating people to be their very best.

EDUCATION

Master of Arts, Human Services Counseling **2015**

Liberty University, Lynchburg, VA

Bachelor of Arts, Communications **2012**

Kean University, Union, NJ

SKILLS

- Leadership
- Public Speaking
- Communication
- Working on a team
- Highly Organized
- Relationship Management
- Strategic Planning
- Cultural Competency
- Problem Solving
- Critical Thinking
- Resiliency
- Projects Management

PROFESSIONAL HISTORY

International Speaker | Business Consultant | 2X Author **Mach 2013 – Present**

Lena Cohen Consulting LLC, Bedminster, NJ

- Deliver speeches that motivate and inspire individuals to maximize their potential
- Personal/Professional development: strategic life planning and career mapping.
- Consult with corporations and/or organizations in regard to EQ/D&I/Leadership
- Curate training content that suits the needs of my clients and their team members
- Oversee and facilitate seminars, workshops, training sessions, and lectures

Legislative Staff **Oct 2017 –Present**

Assemblywoman Tucker 28th District State of New Jersey, Newark, NJ

- Developing, implementing and successfully advancing the office's legislative agenda
- Work to advance Member's priorities for the community
- Represent agency at conferences, hearings, and meetings
- Coordinate legislative committee activities
- Draft legislative, office, and community updates for monthly newsletter
- Manage and address constituent concerns
- Set up and sit in on meetings with various advocacy groups, community partners, etc.

President/Founder**April 2016 –Present***Women Operating in Opulence, 501(c)3, New Jersey*

- Creating and implementing the organization's vision, mission and overall direction
- Leading, guiding, directing, and evaluating the work of executive leaders
- Formulating and implementing strategic plans that guide the direction of the organization
- Overseeing operation of the organization and create opportunity for expansion
- Represent the company at civic and professional events

RESEARCH

Outpatient Therapist**Feb 2016 – Feb 2018***Youth Advocate Program, Newark, New Jersey*

- Individual and group therapy for high-risk youth and families under the care of DCPD
- Treatment plan development and implementation of treatment plans
- Case coordination
- Face-to-Face clinical behavioral support, stabilization and interventions
- Outreach that exemplifies the wrap around process; including and engaging family, clergy, educators, counselors, and other support units for client/s
- Provide high level counseling services designed to assist the youth and/or their family to strengthen and develop the adaptive and coping skills needed to restore or maintain the youth and/or their family's capacity to function in the community constructively

Group Coordinator**Mach 2015 – June 2015***Gateway Center for Counseling and Recovery, New Providence, NJ*

- Collaborated with group leader in facilitating group counseling sessions
- Evaluate and monitor families who have experienced tragedy
- Facilitate group counseling sessions
- Establish boundaries and implement respectful rules that benefit the group session
- Address changes and challenges, work with members, help them find effective ways to cope and manage difficult emotions
- Help participants find effective solutions to confidently operate in daily life

Program Coordinator**Aug 2014 – Feb 2015***Women's Rights Information Center, Englewood, NJ*

- Created and implemented a self-development course for women in transition
- Facilitated multiple programs on mental, physical and spiritual wellness
- Led and empowered women to establish a healthy sense of self-worth and encouraged them to maximize their full potential, regardless of current circumstances
- Provided one-on-one guidance with each individual helping them to build a higher level of self-confidence
- Introduced participants to various therapeutic approaches to healing and happiness, such as yoga, meditation, and mindfulness

PRESENTATIONS, TRAININGS, AND PANELS

Warner Media, NYC <i>Resilience and Leadership</i>	March 2020
Lena Cohen, LLC <i>Rethink, Rebuild, Restore Retreat</i>	Sept 2019
African American Chamber of Commerce <i>The Empowerment Hour</i>	July 2019
Frida Hartley – South Africa <i>Rethink, Rebuild, Restore</i>	June 2019
Union County Women Mean Business <i>Building Resilience for Success</i>	May 2019
One Woman Tour (NJ/PA/MIA/ATL/MD/DC/VA) <i>Stop, Drop, and Roll: Life changing tools for success</i>	April 2019
RWJ/Barnabas - Newark Beth Israel Hospital <i>Emerging Women Leaders Workshop</i>	March 2019
Union County Means Business <i>Building Better Business Relationships</i>	Feb 2019
Prudential Financial <i>EQ & You: Understand, apply, and enhance your emotional intelligence</i>	Nov 2018
National Sales Network, New Jersey/New York Chapter <i>Emotional Intelligence in Sales</i>	August 2018
Blacks in Government (National Training Institute) <i>EQ & You: Understand, apply, and enhance your emotional intelligence</i>	August 2018
United Way <i>Women Leading Impact</i>	June 2018
Women Empower Expo <i>EQ: How to use it to grow your business</i>	May 2018
Union County: Women Mean Business <i>Women Leading the Change – Stepping into a Bigger Version of You</i>	May 2018
Disrupt HR <i>Duh! EQ's way more important than IQ!</i>	May 2018
Fearless Women's Summit – Halifax, Canada <i>Stop, Drop, and Roll! Life changing tools for success</i>	May 2018
City of Newark, NJ: My Sister's Keeper <i>Understanding EQ and how it translates into community work</i>	April 2018
Start Out Fresh Intervention Advocates <i>Loving yourself first</i>	April 2018
North Central Victim Services <i>Stop, Drop, and Roll! Life changing tools for success</i>	April 2018
Think Like A Boss <i>Stop, Drop, and Roll! Life changing tools for success</i>	March 2018
Start Out Fresh Intervention Advocates <i>Pushing Through Procrastination</i>	April 2018
National Sales Network, New York/New Jersey <i>Elevate your Elevator Pitch</i>	January 2018

St. Peter's University	Nov 2017
<i>Mindset Transformation: Transforming your mind in Business</i>	
Playtime is Over Conference – Panel	Nov 2017
<i>What they don't tell you about success as a woman in business</i>	
National Sales Network - New Orleans Chapter	October 2017
<i>Sharpen Your Elevator Pitch</i>	
6th Annual Small Business Boot Camp for Women	October 2017
<i>Business Tools for Success</i>	
The Empowerment Social	July 2017
<i>Manifesting Your Best Self</i>	
Think Like A Boss	July 2017
<i>Dream Big, Stepping into your future self</i>	
Becoming Love Conference	Feb 2017
<i>Loving yourself through healing</i>	
Start Out Fresh Intervention Advocates	January 2017
<i>The Importance of Healing</i>	
TED Women 2016: The Time is Now	October 2016
<i>The Importance of Healing</i>	
The Leaguers	August 2016
<i>Pre-Service Opening Keynote: Staying focused on the Vision</i>	
Morgan State University	August 2015
<i>Health & Wellness</i>	
Cheryl Wood Speaker Intensive Series	Sept 2014
<i>Knowing your voice and standing out from the crowd</i>	
United States Army	May 2014
<i>Female to Female Mentorship: Leadership Workshop</i>	
Cheryl Wood Speaker Intensive Series	April 2014
<i>Knowing your voice and standing out from the crowd</i>	
Cheryl Wood Speaker Intensive Series	Feb 2014
<i>Knowing your voice and standing out from the crowd</i>	

PUBLICATIONS

Are you willing to find your greatness?	Published 2019
<i>Inspire Me Today</i>	
EQ & You	Published 2018
<i>Understand, apply, and enhance your emotional intelligence</i>	
Stop, Drop, and Roll	Published 2017
<i>Life changing tools for success</i>	

HONORS & AWARDS

Proclamation - National Women's History Month <i>"Valiant Women of the Vote"</i>	2020
Atlantic City Women's March <i>Certificate of Appreciation for Steering Committee Members</i>	2019
Fearless International Speaker <i>One Woman: Fearless Summit Halifax, Nova Scotia</i>	2018
Women's Empowerment, Valuable Contribution, and Knowledge as a Keynote <i>North Central Victim Services</i>	2018
Top 30 Powerful Women that Dream Bigger <i>K.I.S.H Magazine – Ben Tankard Edition</i>	2018
Trailblazer Award <i>Small Business Boot Camp for Women</i>	2017
Grand Marshall, Community Activist & Supporter <i>S.O.F.I.A</i>	2017
National Sales Network – Chapter of the Year <i>Executive Team Excellence</i>	2016
United States Army <i>Certificate of Appreciation</i>	2014

BOARDS

Commission on the Status of Women, Somerset County NJ 2020 - Present
Commissioner Secretary

Women Operating in Opulence 2016 - Present
Board Chair

National Sales Network 2013 - Present
Board Member, Philanthropy Chair, VP of Business Development

COMMUNITY SERVICE

- 100+ Hrs Camden County
- Ronald McDonald House
- NY & NJ Cares
- United Way GTLT
- Y.A.P Back to School
- PBCIP Summer Camp
- Project Beautiful You
- Weequahic Family Center
- Zeta Phi Beta Give Back
- Grassroots Foundation
- Lions Club
- The Power of You Teens