

About Relationship HQ

Relationship HQ partners with organizations seeking to strengthen leadership effectiveness, elevate team performance, and create cultures where people and results thrive. Through leadership consulting, executive coaching, and strategic facilitation, we help leaders build on their strengths, navigate complexity, strengthen collaboration, and lead high-stakes conversations with clarity and courage.

Government Contracting

NIGP CODES

91841 - Education and Training Consulting
 91860 - Human Relations Consulting
 91862 - Human Resources Consulting
 92416 - Course Development Services, Instructional/Training
 92435 - In-Service Training (For Employees)
 92464 - Partnering Workshop Facilitation Services
 94876 - Psychologists/Psychological and Psychiatric Services
 96156 - Public Speaking Services

CERTIFICATIONS



NYC Minority and Woman Owned Business Enterprise
 NYS Minority and Woman Owned Business Enterprise



Accepts Purchases / Credit Cards

Core Services

Leadership Consulting

- Leadership & Team Effectiveness
- Culture, Change & Conflict Transformation
- Strategic Facilitation & Program Design

Executive Development

- Executive and Leadership Coaching
- 360 Assessment: Leadership Circle Profile and Interviews
- Leadership Development Programs

Motivational Interviewing for Leaders & Organizations

- Introductory & Advanced MI Training
- Behavior Change & Communication Skills

Ways We Partner

- Executive Coaching
- Organizational Assessments
- Executive and Team retreats
- Leadership Development Programs
- Customized workshops for Teams and Leaders
- Stakeholder Listening and Assessment
- Program and Curriculum Design
- Keynotes and Leadership Forums
- In-person and Virtual engagements

Representative Clients



THE NEW YORK CITY DEPARTMENT OF
HEALTH AND MENTAL HYGIENE



Why Relationship HQ

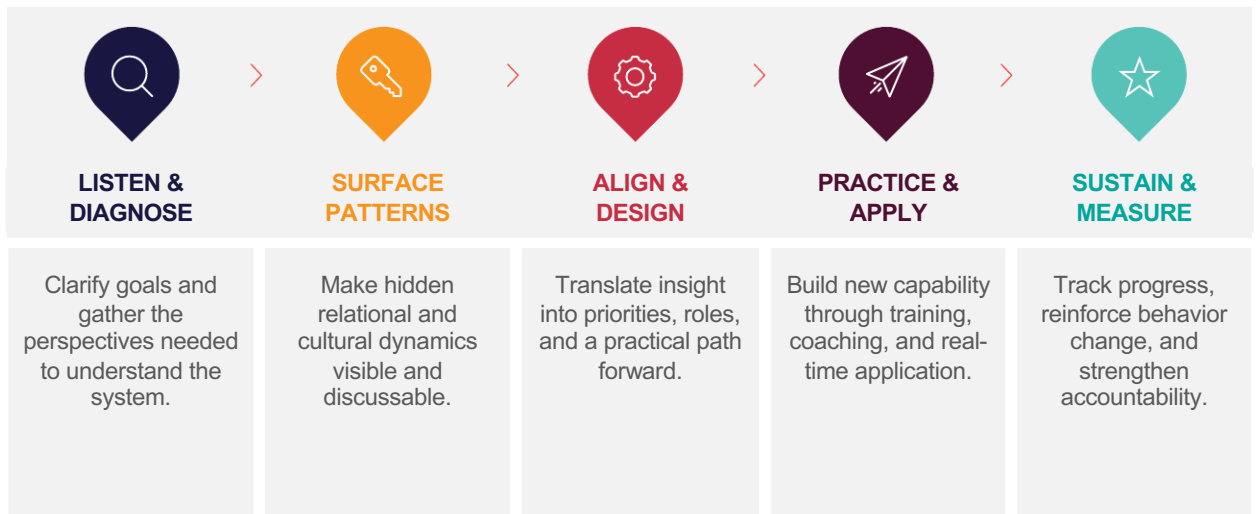
Our Philosophy:

Sustainable high performance requires both strong relationships and disciplined execution. We help leaders create psychologically safe environments where people can speak candidly, take interpersonal risks, navigate conflict, and hold one another accountable—so trust, learning, and results reinforce one another.

95+

out of 100
average participant
rating

Our Approach



Dr. Bukky Kolawole



Dr. Bukky Kolawole is a leadership consultant, psychologist, and executive coach who helps leaders and teams build the emotional and relational intelligence that drives high performance. For more than 15 years, she has worked at the intersection of psychology, leadership, and organizational culture, partnering with organizations navigating change, strained dynamics, and high-stakes conversations. Her clients span healthcare, government, nonprofits, higher education, and financial services, including Mount Sinai, NYU, the NYC Department of Education, and CIBC. Drawing on clinical psychology, Emotionally Focused Therapy, Motivational Interviewing, and the Leadership Circle Profile, she helps leaders strengthen trust, navigate conflict, and create cultures where people and performance thrive.

“Bukky has the uncanny ability to feel with people at a tremendously profound level. She is able to do this with a wide array of people from many different socioeconomic, cultural, and ethnic backgrounds. Bukky's immense ability to connect with and model empathy for others contributes to her effectiveness.

— Jonathan Fader, PhD

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