

About Relationship HQ

Relationship HQ designs and delivers engaging, high energy training programs and coaching grounded in motivational interviewing practices and using experiential activities so that participants learn critical tools to change behavior and communicate in a way that helps those they relate to feel seen, heard, and celebrated.

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
96189 - Writing Services, All Kinds (Includes Resumes)

CERTIFICATIONS



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



Accepts Purchases / Credit Cards

Core Services Provided

Motivational Interviewing (MI)

- Introductory and Advanced Training
- MI for Supervisors
- MI for Leadership in Organizations

Race, Equity, Diversity, & Inclusion (REDI)

- Building Anti-Racist & LGBTQ Affirming Workplace
- Strategies and Support for Transforming Organizational Culture

Individual & Group Coaching

Key Activities

- Curriculum and Content Development
- Workshop Facilitation
- Group Programs & Workshops
- Leadership Development Forums
- Keynote Speaker
- In Person & Remote Learning

Representative Clients



THE NEW YORK CITY DEPARTMENT OF
HEALTH AND MENTAL HYGIENE



Why Relationship HQ

Our Philosophy:

Our training is as much about the emotional experience of participants as it is about learning the information

We create an environment that allows participants to feel comfortable to openly discuss difficult subjects

We employ experiential exercises and actors to provide real-time practice/learning



Our participants rate us a **95+ out of 100** after attending our programs

Our Approach



AWARENESS & EDUCATION

Provide participants with the foundational knowledge to understand the content area and how people change



SELF DISCOVERY & MOTIVATION

Build motivation for change by inviting participants to articulate their own values and understand their own reasons for making change



DEVELOP CAPACITY TO ACT

Ensure that participants have the tools and develop the skills to apply what they've learned



TAKING ACTION

Create opportunities for participants to practice newly acquired tools and skills with guided support and coaching



ACCOUNTABILITY

Measure participants' progress and successes through assessments and continued discussions

Dr. Bukky Kolawole, PsyD



Dr. Bukky is a Black, queer, gender non-conforming person and the founder and executive director of Relationship HQ. She* is a licensed clinical psychologist who places significant value on collaboration and effectiveness. As a trainer, Dr. Bukky is dedicated to the design and delivery of dynamic, evocative learning experiences in which participants increase their knowledge and skills while feeling emotionally inspired through the learning process.

Her* unique training style is culturally informed, emotionally engaging and captivating of participants' hearts and minds. The combination of her* passion for teaching, unique training style and the emotionally-attuned environment sets her* apart from other trainers. Dr Bukky is a member of the Motivational Interviewing Network of Trainers (MINT).



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

