



I'm excited to announce my 2020 workshops have been scheduled. Please feel free to share with your communities and distributions. All workshops are open to the public and available to anyone interested in professional and or personal development. All inquiries may be directed to LaShay Avery at 704-307-5969 or email at contact@q-avery.com .

It Is What It Is...

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Nurturing Your Whole Self: Mind.Body.Spirit.

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Breathing In & Out: An Exercise in Being Present

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Party with a Purpose: Get a Head Start on Your 2021 Vision

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Knowing, Doing and Becoming Better: A Holistic Approach