



Danielle L. McDowell

Licensed Therapist & Women's Coach

Danielle Boose-McDowell, MS, LPC is a intuitive and results-oriented speaker who engages and leads her clients through dynamic and interactive transformation. She has over 10+ years experience in mental health and shares her insights in topics related to personal development, healthy relationships, women's issues, health & wellness, and self care.

Danielle works with individuals, groups, and organizations to amplify their authenticity and empower them to become a better version of themselves. She is also the Owner of LITtherapy a Wellness Collective for couples and a best selling author

AS SEEN IN

WAVY TV **THE VIRGINIAN**
10 **PILOT**

Huffington
Post

HAMPTON
UNIVERSITY

SIGNATURE TOPICS

- ✓ Women's Issues
- ✓ Wellness and Self-care
- ✓ Managing Life & Stress
- ✓ Healthy Fulfilling Relationships
- ✓ Prioritizing Mental Health During Stressful Times

LET'S WORK TOGETHER!

Please feel free to contact me for any concerns or questions.

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