## **ABOUT US**





Kecia Palmer-Cousins and Kevin Cousins are kind. courageous, curious, entrepreneurs, small business advocates, engineers and networking gurus! The husband wife duo parlayed their corporate and academic experience to co-found their NYC, NYS & WOSB MWBE Certified business, Aero-Ba-Soul, Inc. (Business Management /Professional Development Training).

Aero-Ba-Soul, Inc. partners with government agencies and educational institutions such as the NYC Department of Education (ExpandU Program & Project Pivot), New York Power Authority (MBDI), New York Women's Chamber of Commerce, The County of Westchester and Mercy University to assist small and diverse businesses navigate government procurement and HS and College Students with Career Development and Professional Leadership Development.

A Verizon Global Senior IT Project Manager retiree, Kecia's 24-year career at Verizon spanned from being one of the first female Field Foreman to a Global Senior Project Manager. Kecia and Kevin have project managed multi-million-dollar global telecommunication infrastructure projects for Fortune 100 and Wall Street clients.

Kecia earned her B.S. in Manufacturing Engineering from Boston University and her MBA in Marketing from Long Island University. Kevin earned his B.S. in Civil Engineering from Northwestern University and PMP from the Project Management Institute, Kevin and Kecia both earned their Masters Certificate in Project Management from George Washington University.

## **Contact Us Today!**



Collaborate • Communicate • Connect







A NYC Certified Minority Woman

**Owned Business** 

At Aero-Ba-Soul.Inc. we deliver professional development leadership, career development, college prep, entrepreneurship, STEAM and wellness experiences to support students in their learning journey to graduate with the knowledge, skills, and confidence to succeed in their careers and communities.



A NYS Certified

Minority Woman

Owned Business

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## **OUR SERVICES**

MWBE Consulting

**Business** Management

**Project Management** 

**Public Speaking** 

Workforce **Development / Soft Skills Training**  **Wellness Coaching** 

Work-Life Balance

**Educational Services** 

**Health Services** 

**Professional Services** 

**Related Services** 

**Standard Services** 

## AERO-BA-SOUL, INC. COURSES AND WORKSHOPS

Advocating For Your Child or Teenager



Being Your Authentic Self

**Business Coaching** 

Business Plan Assistance

Capabilities Statement

Assistance



College Essay Assistance

Community and Civic Engagement

College and Trade School Prep

College Scholarship Search

Conversations with Myself **Journaling** 

**Employee Assistance Program** Workshops

**Empowerment** 

Entrepreneurship

Finding Your Next Internship

First Aid Mental Health

**Goal Setting** 



Healthy Eating

**High-Schooler Parent** Checklist



How to Become a MWBE Certified Business

How to Prepare Your High-Schooler for Success In High School

Just Ask Kecia a Question

Leveling Your Business with MWBE Certifications

Life Coaching

Marketing on a Budget



Mindfulness and Wellness

Mwbe Certification Application Assistance

**Navigating Corporate Procurement (Contracts)** 

**Navigating Government Procurement** (Contracts)



Networking and Working a Room for Success

Personal and Professional Leadership Development Training

Preparing Youth for the Workforce

**Proposal Writing** 

**Public Speaking** 

Resume Writing

Request for Proposal (RFP) Review

Self-Esteem for Success

Searching for College Scholarships

**Searching for Grants** 

Start Up Business Bootcamp

**Stress Management** 

Steam Rocks!

**Technical Assistance** 



