



Community Programming & Workshop Guide

Where Strategy Meets Heart — and Transformation Begins

Presented by: Humane In The Membrane, LLC



Our Identity

Humane in the Membrane, LLC. is an **adaptive strategy, development, and solutions consultancy**. We help mission-driven organizations close the gap between vision and execution — building the capacity for real transformation to happen in real time.

We work at the intersection of **learning, leadership, and systems design**, using our proprietary **HEART Framework™** to build people-centered experiences that engage both the heart and the mind. Every workshop, program, and partnership we offer is designed to be immediately actionable, deeply inclusive, and aligned with your organization's purpose.

Our Values: **Integrity · Quality · Joy · Creativity · Innovation · Results**

Who We Serve

We partner with organizations committed to creating **meaningful impact in their communities**. Our programming is designed to meet you where you are — and help you get where you're going.

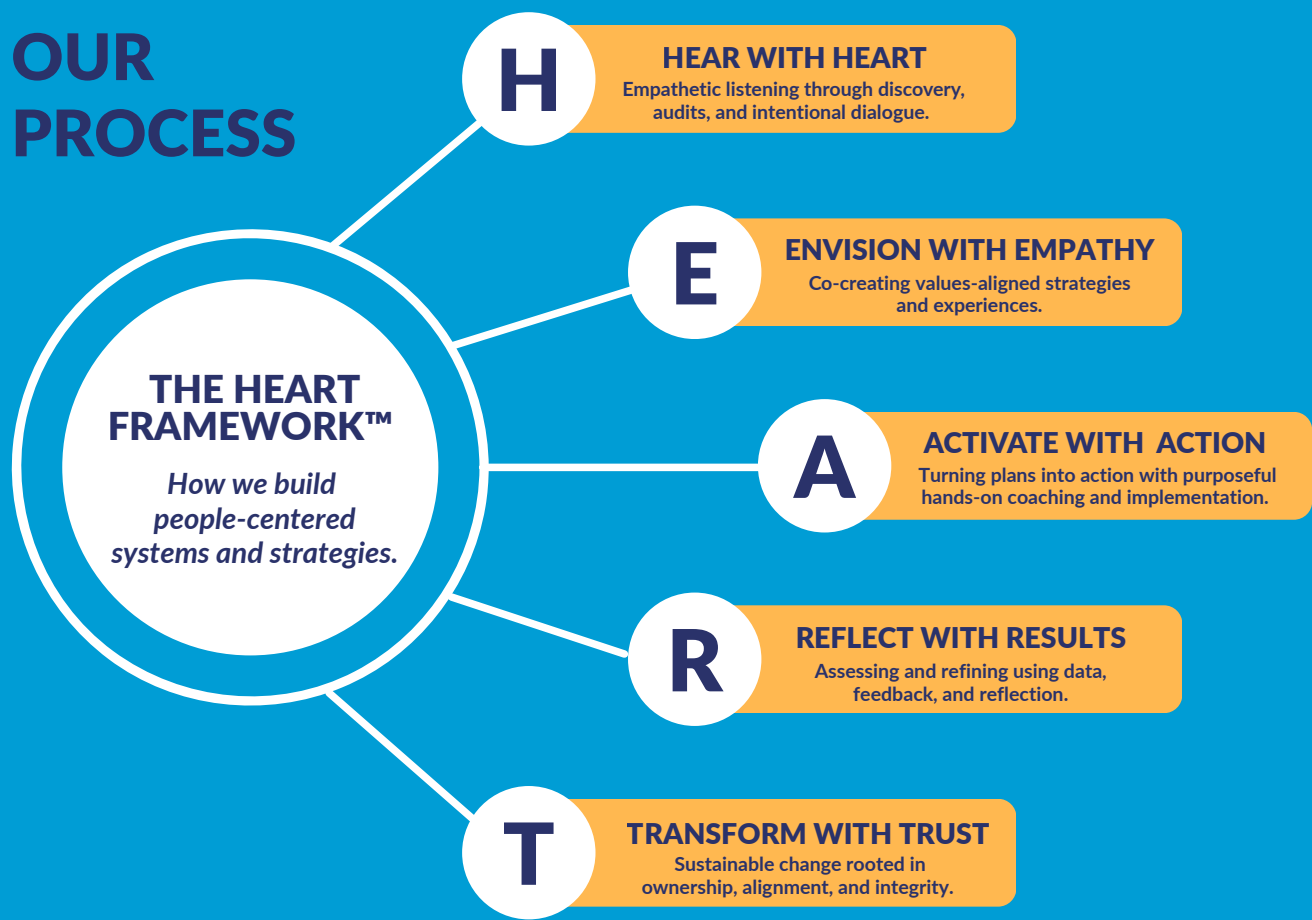
Audience List:

- *Mission-Driven Nonprofits & Community Organizations*
- *Educational Institutions, Districts & Network Schools*
- *Social Impact Organizations & Businesses*
- *Faith-Based Institutions*
- *Community Programs Serving Youth & Young Adults*

Our workshops are versatile for children, adults, and communities — available as standalone sessions or as part of a series.

Our Process

Everything we design runs through the **HEART Framework™** — our proprietary methodology for building transformational capacity in real time.



HUMANE IN THE MEMBRANE, LLC.

Featured Program

HUMANELY YOU™
A Coaching & Mentorship
Program for Young Adults
Est. 2022 | Ages 17–25



Humanely YOU™ bridges the gap between aspiration and achievement — equipping young adults to thrive and make a meaningful impact.

Humanely YOU™ is a mentorship and development program designed to support young adults ages **17–25 as they transition from high school into college, careers, and early adult life.** Through a combination of cohort-based workshops, one-to-one mentorship, and peer group sessions, participants develop professional and life skills, build confidence, discover their purpose, and find their community.

We are currently seeking mission-aligned nonprofit and community partners to help bring this program to life. If your organization serves young adults and shares our commitment to holistic development and equitable opportunity — we'd love to explore what's possible together.

Our Workshops & Professional Learning

We offer a diverse range of **workshops and professional learning experiences tailored for youth, adults, educators, and communities**. Whether you're looking for a one-time session, a workshop series, or a full program — we design experiences that are joyful, engaging, and built to create lasting change.



Workshop 1: We'll Lift As We Climb: Empowering Black Women & Femmes in the Workplace™



The WLAWC Workshop is a transformative series promoting healing and empowerment, with two versions:

****For Black Women & Femmes**:** A joy-centered space for reflection and authentic leadership.

****For Community**:** Provides tools for individuals and communities to support Black women and femmes, amplifying their voices and addressing workplace bias.

Available as: Standalone workshops, Coaching, or Small Group Sessions . ** for Ages 17 and Up**

Workshop 2: The UnL3@rning Series For Educators, Leaders & Organizations™



Based on our podcast of the same name, **The UnL3@rning Series** challenges conventional wisdom and **promotes personal and professional growth by shedding outdated beliefs and embracing new perspectives.** Sessions encourage critical thinking, application, and a growth mindset — delivered in an engaging, joyful, and humanizing way that improves staff productivity and results.

Available as: Standalone workshops, multi-session series, or full professional development days.

Workshop 3: The UnL3@rning Series For BIPOC Educators, Leaders & Organizations™



We offer tailored coaching, workshops, and courses for **BIPOC** educators, leaders and organizations offering personalized guidance and strategies with practical solutions. **We empower you with the tools needed to navigate systemic and interpersonal challenges, amplify your authentic voice, and thrive in both professional and personal spheres.** We combine proven coaching techniques with cultural sensitivity to help you build resilience, and skills to thrive in your career.

Available as: Standalone workshops, multi-session series, or full professional development days.

Workshop 4: The Embracing YOU Self-Love Challenge™ Workshop Series



Based on our annual **Embracing YOU: Self-Love Challenge™**, this workshop fosters **self-love, acceptance, and confidence** through guided activities and community support. It focuses on personal growth, inner healing, and celebrating individuality. Participants gain tools to overcome self-doubt, embrace self-compassion, and enhance self-esteem on a journey of empowerment and self-discovery.

Available for: Youth, adults, and community groups | Standalone or series format

Workshop 5: The BE-YOU-TIL-FUL™ (Beautiful) Workshop Series



The **BE-YOU-TIL-FUL™** workshop experience empowers participants toward self-discovery, **shedding societal expectations, and embracing authenticity**. Through guided exercises, open discussion, and community support, participants learn to embrace their uniqueness — strengths, imperfections, and all — aligning with their authentic selves for a more fulfilling life. Participants gain tools to: Overcome self-doubt and imposter syndrome; Practice self-compassion and build self-esteem; Celebrate individuality and personal growth.

Available for: Youth, adults, and community groups | Standalone or series format

Workshop 6: The Journey 2 Joy™ (J2J): Nurturing Your Well-Being



The **Journey to Joy (J2J)™ program** supports the holistic development of youth and adults through workshops, activities, and resources designed to build life skills, emotional resilience, and healthy coping strategies — and promote lasting joy and fulfillment.

Available for: Youth and adult audiences | Full program or mini-series format

Workshop 7: Harmonic Hearts (Music, Sound & Well- Being)



Harmonizing Hearts™ is a program for youth (PreK-12) that **uses music and sound healing to enhance mental and emotional well-being**. Through fun, engaging activities and practices, participants develop self-expression, stress management skills, and a deeper sense of self-understanding and personal growth.

Can be offered as: Workshops, activities, or group sessions

How We Partner

We are **dedicated to fostering transformative relationships** with organizations that share our commitment to community impact. Each partnership begins with a heart-centered approach — tailored to meet you where you are and support you in achieving your goals.

What Partnership Looks Like:

- Collaborative program design aligned to your community's needs
- **Flexible delivery:** in-person, virtual, or hybrid
- Standalone sessions, multi-week series, or semester/year-long programs
- Facilitator training and co-facilitation options available
- Ongoing support and outcome tracking

Partner Types We Work With

- Nonprofits
- Community Organizations
- Youth-Serving Programs & Organizations
- Educational Institutions
- Health & Wellness Communities
- Faith-Based Organizations
- Social Impact Businesses
- Government Agencies
- Workforce Development Organizations
- Libraries & Cultural Centers
- Philanthropic Foundations & Grantmakers
- Reentry & Justice-Involved Services

Meet Our Visionary Founder

Christina E. Jones, M.Ed., Ed.S.
CEO & Principal Consultant

Christina is the visionary behind Humane in the Membrane, LLC — blending strategic insight with heartfelt purpose to create transformation that lasts. With 25+ years of experience at the intersection of education, leadership, and organizational development, Christina brings the depth of a seasoned strategist and the heart of a people-centered leader.

She holds an M.Ed. in Adult Curriculum Development and an Ed.S. in Educational Technology & Systems Design, serves as a Leadership Coach/Mentor with Braven, and is a certified National Outcomes-Based Contracting Coach. Her work empowers mission-driven organizations to navigate complexity with confidence and clarity — building the capacity for real transformation to happen in real time.



“If you spend enough time with me, I’ll inspire you to recognize your incredible potential and believe in your ability to accomplish anything.”

Let's Build Something Together.

Ready to Bring Transformative Programming to Your Community?

We'd love to connect and explore how our workshops and programs can serve your organization's mission. Whether you're looking for a single workshop or a long-term partnership, we're here to design something that works for your people.



To bring one of our workshops to your team or organization, email us directly at hello@humaneinthemembranellc.com to start the conversation.

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