



*Dr. Colin Cooper, PhD*

OWNER AND LEAD CONSULTANT AT  
FOCUS HU-ENERGY  
CONSULTING, LLC



## FOUNDATIONAL PRINCIPLES

LAW OF ATTRACTION  
BRING YOUR WHOLE SELF TO WORK  
OPERATE OUT OF YOUR AUTHENTIC SELF  
RECOGNIZE THE MIND, BODY, AND SPIRIT OF EVERYONE  
IT IS THE "HEART OF THE INDIVIDUAL THAT MATTERS"  
STRIVE FOR TRANSFORMATION, NOT JUST CHANGE

## PERSONAL BACKGROUND

Dr. Colin Cooper is an I/O Psychologist who utilizes an interdisciplinary approach to change and development. Her work is guided by multiple lenses, world views, quantum physics principles, and compassion. Colin specializes in social justice, MCOD, talent development, and personal empowerment. As the first African American female to earn a doctorate in I/O Psychology from the University of Maryland, College Park, she is a retired tenure professor from Bowie State University with over 25 years of experience as a manager, consultant, and practitioner in the areas of transformational and leadership coaching, holistic wellness, and wellbeing.

## CONTACT DETAILS

Focus Hu-Energy Consulting, LLC

"Aligning human energy for organizational, professional and personal success and wellbeing"

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**FOCUS**  
**Hu-Energy**  
CONSULTING

[www.focushuenergyconsulting.com/](http://www.focushuenergyconsulting.com/)

## PREPARATION AND IMPLEMENTATION OF THE HEART-CENTERED, CONSCIOUSNESS ENHANCEMENT MCOD WORK - SELECT STRATEGIES:

1. Ground yourself to prepare for self-assessment- use meditation, reiki, chakra clearing, sagging, etc
2. Examine your commitment to this work
3. Prepare and Open your own heart (see examples below)
  - Do meditation or movement for clearing chakras of self blockages
  - Meditation for patience
  - Examine your hot spots and your prejudices as a change agent or disbeliefs or internalized negative belief systems - use body scanning and clearing
  - ask source or your higher self to guide you
4. Do an Empath Assessment--Understand if you are an empath and the strengths and challenges of being an empath when working with Anti-Racism and Anti-Oppression Change Interventions
5. Protect your energetic self and do self-care--eg. Reiki, Qui Gong, meditation
6. Open sacred space--meetings, interview with a ritual, intentions, meditation, etc.
7. Be patient, truthful, and open with yourself and your client
8. Model the behavior you want to see in the client/system--being authentic, caring, use active listening
9. Close the client sessions with affirmations, determination, respect, and gratitude

## TONING / REIKI

General Toning: Sound Toning Exercise

Vowel Toning: Vocal Toning, Creating Inner Stillness with Vowel Sounds

Crystal Bowls: 432Hz - 3 Hour Crystal Singing Bowl Healing Sound Bath

Remove Negative Energy From Room: 417 Hz, Tibetan Singing Bowls

Toning For Manifesting Your Intentions: 432 Hz | Elevate Your Vibration

Reiki: 432 Hz | Reiki Music For Healing At All Levels

Reiki Diagram

Chakras: Llewellyn's Complete Book of Chakras

## MEDITATION & INTENTION SETTING

Chakra Balancing Meditation

Meditation for Black Woman

Black Girl Magic Meditation

Meditation for Patience

Rise Up Meditation

Intention Setting Worksheet

## UNCONSCIOUS BIAS

Implicit Bias Test

Working Through Unconscious Beliefs: The Dark Side of the Light Chasers

## EMPATH

Are You an Empath? Take the Self-Assessment Test

Book: The Empowered Empath: A Simple Guide on Setting Boundaries