



Dr. Xavier Bruce aka Dr. X

Retired Air Force Lieutenant Colonel, USAFA '00
Founder and CEO, Uplift Energy Coaching LLC
www.upliftyourdamnsself.com
drx@upliftyourdamnsself.com
240-575-5383

We are a Black, Service-Disabled, Veteran-Owned consulting firm specializing in Self-Leadership, Interaction Management, and Resilience Building. Our tailored, interactive workshops introduce the core tenets of Dr. X's "Strategic Energetic Transition" framework which covers how to inspire, "inpower", and uplift yourself to overcome stress and anxiety during a life transition.

- Choose from 4 Blocks
- 3 Hours per Block
- 6-8 Modules per Block
- 20-30 Minutes per Module
- \$800 per Block up to 12 Learners
- In-Person or Virtual

SOCIAL-ECONOMIC STATUS

VETERAN SERVICE BUSINESS ENTITY
SMALL BUSINESS RESERVE PROGRAM
UNIQUE ENTITY ID: DSL8UJ6JWVM5
CAGE: 8PS86

CORE COMPETENCIES

ORGANIZATIONAL DEVELOPMENT
LEADERSHIP DEVELOPMENT
COMMUNITY WORKSHOPS
CONSULTING SERVICES

NAICS CODES

611430 - PROFESSIONAL AND MANAGEMENT DEVELOPMENT TRAINING
541611 - ADMINISTRATIVE/GENERAL MANAGEMENT CONSULTING SERVICES
541612 - HUMAN RESOURCES CONSULTING SERVICES
541618 - OTHER MANAGEMENT CONSULTING SERVICES
611710 - EDUCATIONAL SUPPORT SERVICES

PAST PERFORMANCE

STATE & LOCAL GOVERNMENT

MARYLAND DEPARTMENT OF VETERAN AFFAIRS
MARYLAND DEPARTMENT OF LABOR

EDUCATIONAL SECTOR

UNIVERSITY OF MARYLAND SCHOOL OF MEDICINE
COMMUNITY COLLEGE OF BALTIMORE COUNTY
UNIVERSITY OF MARYLAND GLOBAL CAMPUS

TOWSON UNIVERSITY

COURSERA

PRIVATE SECTOR

NORTHROP GRUMMAN
TOYOTA CONNECTED
BOSTON SCIENTIFIC
CATERPILLAR
RAYTHEON
ENERGY
KBR

