



Capability Statement

Contact Information

Love's Basics LLC
7750 Maryland Ave
Unit 11606
Saint Louis, MO 63105
Phone: (314) 570-2862
POC: Dr. Latricia Buckner, LPC, Owner
E: coach@lovesbasics.com
Website: www.lovesbasics.com

Company Data

UEI: P8HQFJBACDJ2
CAGE Code: 10RC7
Size Standard: Small Business

NAICS

621330 (P), 611430, 541611, 541612, 624190, 611699

Product Service Codes

Q519, R406, U009, U099, Q999, U008, R431, R499, R408

Area of Service: Nationwide

We accept Credit Cards

Company Introduction

Love's Basics LLC is a licensed behavioral health and professional development consulting firm specializing in workforce wellness, leadership development, training and curriculum design, and organizational consulting. Led by Dr. Latricia Buckner, PhD, LPC, PCC, a former Senior Wellbeing Coach with Magellan Health who delivered behavioral health coaching across 1,500+ organizations, including federal agencies such as the FAA, Air Force, and Office of Inspector General, the firm brings over two decades of clinical, coaching, and educational expertise to government agencies, corporations, nonprofits, and educational institutions. Love's Basics LLC equips organizations with evidence-based tools to strengthen employee wellbeing, reduce behavioral health risk, and build resilient, high-performing teams.

Core Competencies

- Behavioral Health Training
- Employee Wellness Programs
- Leadership Development Training
- Training and Curriculum Development
- Workforce Resilience
- Mental Health Education
- Organizational Development Consulting
- Stress Management and Prevention
- Human Capital Consulting
- Life Skills and Social-Emotional Learning

Differentiators

- **Scholar-practitioner leadership:** Dr. Buckner holds a PhD in Counseling and Psychological Studies, a Professional Certified Coach credential (PCC) through the International Coaching Federation, and dual licensure as a Licensed Professional Counselor in Missouri and Texas, a credential combination rarely found in a single consultant
- **Evidence-based frameworks:** all training and curriculum content is grounded in peer-reviewed research, not motivational content or generic wellness programming institutions across workforce wellness and behavioral health needs



Capability Statement - Continued

- **Curriculum development capacity:** Love's Basics designs and delivers original training materials, meaning clients receive customized, licensable content rather than off-the-shelf programs
- **Cross-sector experience:** proven track record serving school districts, nonprofits, universities, and educational institutions across workforce wellness and behavioral health needs



Capability Statement - Continued

Past Performance

YEAR	ORGANIZATION	TYPE	VALUE	DESCRIPTION OF SERVICE	CONTACT
2013	Lindenwood University	Education	\$1,500	Delivered keynote and facilitated professional development session on resilience, leadership development, and purpose-driven identity for university students and faculty	Cathy Hart
2014	Veterans Administration	Government	\$150	Delivered keynote address on meaning, purpose, and personal impact for veterans and VA professional staff	Beverly Bone
2018	Hazelwood School District	Education	\$500	Facilitated professional development training on stress management and mental and emotional wellbeing for K-12 educators	Toni Shain
2018	New Life Community Center	Nonprofit	\$500	Designed and facilitated an 8-session mental and emotional wellbeing curriculum for community participants	Wyvetta Granger
2019-2021	Missouri State University	University	Pro Bono	Delivered multi-year training series on interpersonal communication, leadership development, and community wellbeing for university students and staff	Stacey Trewatha-Bach
2023-2026	Higher Ground Intl Ministry Conference	Nonprofit	\$500	Facilitated recurring annual leadership development and organizational wellness training for ministry leaders and conference attendees	Charlotte Carmel
2024-2026	Spiritual GPS	Nonprofit	\$500	Delivered burnout prevention and mental and emotional wellbeing training at annual leadership conferences serving pastoral and lay leaders	Donna Casey
2025	Safe Connections	Nonprofit	Pro Bono	Facilitated stress reduction and burnout prevention training for licensed clinicians and behavioral health professionals	Heidi Suguitan