



## COMPANY BACKGROUND

Training Keys, LLC is a small minority-owned, woman-owned business based in Bowie, MD which specializes in a variety of training solutions for corporate and community organizations, as well as individuals. We are a multi-faceted company supporting clients from many different sectors, matching our wide range of products and services to a customer's unique needs. Our instructional methods are based on the science of learning which have been scientifically and experientially tested, and we consider a variety of learning styles. More importantly, our training is effective and fun!

While officially incorporated in 2023, the Training Keys leadership team has been offering its education and training services in the areas of academic enrichment, professional development, and personal development and wellness for the last 20+ years. The staff consists of personnel with professional backgrounds from academia, government, industry, and the health and wellness sectors who are trained to be motivational instructors and serve as consultants in different subject areas. Moreover, many of them are pioneers in their field who have implemented novel techniques and strategies in their disciplines, are routinely called upon to train the masses at well-known events, and regularly mentor the next generation of professionals in their areas of expertise.



Dr. Valerie Nelson is the visionary and CEO of Training Keys. Dr. Nelson is a highly recognized and motivated mathematician, cybersecurity executive, data science leader, and education and training professional with a passion for data science, education, training and outreach at all levels. She possesses over 20 years of experience in the intelligence field, 15+ years of college-level teaching experience, and 20+ years of nontraditional training on a diverse range of topics to a variety of audiences. Her experience includes corporate and departmental leadership for STEM workforce development (particularly in cybersecurity, data science, mathematics, cryptanalysis); interdisciplinary curriculum and instructional design, train-the-trainer curricula, annual evaluation of grant proposals for STEM Research Experiences for Undergraduates (REU); and academic enrichment and program coordination. Additionally, Dr. Nelson has

served as the Chief Instructor and Curriculum Coordinator for Prince George's County MD's Meeting of the Minds youth diversion program, offers her own workshops, camps, and conferences for academic and professional development, and is a wellness professional supporting those in need through personal and group training sessions.

## CORE CAPABILITIES

Training Keys offers a host of services using multiple delivery methods. Services include formal classes and workshops, bootcamps, conferences or retreats, hands-on learning or team building activities, personal consultations, and even instructional escape rooms! Products can be adapted from the existing catalog or newly developed. Most training can be delivered in-person or online, and many services can be brought right to the customer's site. Client consultations are conducted to develop customized training solutions that work for all parties. While Training Keys creates solutions to meet customer needs, clients can select services that are readily available or customizable upon request.

## SUCCESS STORIES

**Services for US Department of Defense-** The Training Keys staff has led many of the DoD data science training and literacy programs resulting in the first Data Science curriculum at the National Cryptologic School and NSA's Data Science Literacy Initiative to train its workforce. They have also managed the Mathematics, Cryptanalysis, and Data Science curricula there. Other training includes six different instructional escape rooms in the areas of Signals Mathematics, Cryptanalysis, Data Science, Cybersecurity, and Knowledge Management. All of these products and services are still in use today and are modeled by other agencies.

**STEM Enrichment Programs-** Dr. Nelson has offered a number of enrichment programs motivating awareness and interest in STEM. She has offered interactive math camps on cryptology and secret codes to middle school girls at events hosted by the *Every Girl Can Learning* Institute and Delta Sigma Theta Inc. on cryptography, cryptanalysis, and steganography. Another math camp presented transposition ciphers, secrets of Pascal's triangle, and a data science introduction. She also coached the Mississippi Cyber Initiative (MCI) staff in the making and execution of its first all-day Cyber Protectors Camp on cybersecurity for high school students concluding with an instructional escape room competition.

**Wellness Training-** Training Keys personnel have facilitated several wellness training events for wellness groups and the general public. The leadership team consists of subject matter experts in Reiki, holistic medicine, martial arts, reflexology, massage therapy, and other healing modalities. The one-day "Inner View Conference" offered provided self-assessments, holistic healing techniques, and stress management strategies. The "Weekly Wellness Workshop" series presented interactive 1-hour seminars held both in-person and online. Staff members have also presented workshops to the University of Maryland Baltimore County Wellness Community on Reiki and the science of color therapy, and many other topics in the natural healing space have been presented by request.

**Prince George's County, MD Community Public Awareness Council-** Dr. Nelson created and implemented a five-unit curriculum for the Prince George's County Community Public Awareness Council's (CPAC) Meeting of the Minds serving at-risk youth that has been used since 2011. Five units covering Responsible Citizenship, Academic Achievement, Professional Development, Conflict Resolution, and Personal Wellness incorporate hands-on activities, take-home projects, and group discussions that provide basic life skills necessary to be successful. The artifacts produced by the students from this instruction are used to assess their readiness to graduate from the program.

**Instructional Escape Rooms-** The Training Keys staff has custom-made over 20 escape rooms that have been delivered in a range of formats and can be brought to customer sites for convenience. These activities have been delivered in the classroom, through online platforms, at conferences, in the office, and even at homes. As an option, customers can include a follow-up analysis of the demonstrated team dynamics to highlight their strengths and challenges and identify ways to improve team outcomes. Training Keys has facilitated escape rooms for many organizations, including University of Maryland Baltimore County, Department of Defense, E Cyber7 Technologies, Mercy Health, Online Learning Consortium, Tapia Diversity in Computing Conference, and others. We have also provided train-the-trainer sessions on how to design and implement their own.

## TRAINING KEYS SERVICES

- Train-the-Trainer Training (3T)
- Corporate Services
- Professional Development
- Personal Development & Wellness
- Escape Rooms (Instructional & Social)