

AWAKENED EQUITY LEADERSHIP

Trauma, Identity, and Transformative Leadership Among Black Women Principals



ABOUT THE RESEARCH

This doctoral study explored the lived experiences of Black women principals serving in Connecticut urban schools and examined how race, gender, adversity, and trauma influenced leadership identity and practice.

Using a phenomenological approach, the research centered the voices of leaders navigating complex educational systems while advancing equity, relational care, and healing-informed leadership.

Findings highlighted resilience, advocacy, healing-centered leadership, and the transformation of lived experiences into leadership practice.

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Leadership is not shaped in isolation; it is often forged at the intersection of lived experience, adversity, healing, and purpose.



THE AWAKENED EQUITY LEADERSHIP MODEL

A conceptual framework *illustrates* how lived adversity may transform into resilience, relational leadership, restoration, and equity-centered practice.




CORE THEMES

-  Leadership at the Intersections of Race & Gender
-  Healing and Resilience in Practice
-  Reclaiming Voice and Purpose
-  Collective Restoration



“Leadership is often shaped through experience, reflection, healing, and purpose.”

CURRENT WORK





-  Research & Publications
-  Trauma-Informed Consultation
-  Social Work Leadership Support
-  Healing-Centered Practice
-  Speaking & Professional Development
-  Founder, Awakening Wellness Solutions, LLC

EMERGING PROJECTS

-  The Awakened Self™
-  Wellness Resources
-  Affirmation Tools
-  Professional Learning
-  Speaking Engagements



CONNECT & COLLABORATE

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