

# FREQUENTLY ASKED QUESTIONS

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Your guide to B.HER Global™ — who we are,  
what we do, and how we can serve you.

**Dr. Darcell L. Streeter**

Learning Scientist · CEO · Global Speaker · Ordained Minister

## A Note Before You Read

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This guide was created to answer the questions we hear most often — from women considering coaching, organizations exploring training partnerships, event planners inquiring about speaking engagements, and community members who want to know more about the work and the why behind B.HER Global™.

What you will find here is not a sales document. It is an honest, clear, and thorough overview of who we are, what we believe, what we offer, and how we work. We hope it answers your questions and invites you into a deeper conversation.

*"Sustainable leadership is not about carrying more. It is about learning to carry yourself well."*

— Dr. Darcell L. Streeter

This document is organized into five sections:

- Section 1: Foundations — Who We Are
- Section 2: Frameworks — What We Teach and Why
- Section 3: Leadership & AI — Our Human-Centered Approach
- Section 4: Ecosystem — Programs, Products & Services
- Section 5: Glossary — Key Terms in Our Work

## SECTION 1 — FOUNDATIONS: WHO WE ARE

### Q1

#### What is B.HER Global™?

B.HER Global™ is a leadership development platform, coaching practice, and learning ecosystem founded by Dr. Darcell L. Streeter. The mission is to equip women — and the organizations that serve them — to lead from wholeness rather than hurry. B.HER is both a name and a framework: Healed. Effective. Reigning. Every program, product, and service is grounded in learning science, nervous system wisdom, and culturally responsive design.

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### Q2

#### Who is Dr. Darcell L. Streeter?

Dr. Darcell L. Streeter is a learning scientist, nonprofit CEO, ordained minister, global speaker, curriculum designer, and executive coach. She holds a doctorate in Christian Leadership, Counseling, and Business, and a master's degree in Human Services. She is currently completing her Ed.D. in Applied Learning Sciences at the University of Miami, where her doctoral research bridges Generative AI and Culturally Responsive Pedagogy.

- Founder of B.HER Global™
  - CEO of Women's Circle, a 25-year nonprofit in Boynton Beach, Florida
  - Host of Power of the Pause on Women Thrive Media
  - Global speaker serving multilingual, multigenerational adult learners
  - Author of Reflections of Becoming HER and Softness, Signals & Systems
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### Q3

#### What does B.HER stand for?

B.HER is an acronym and a declaration. It stands for Healed. Effective. Reigning. These three words represent the journey Dr. Streeter believes every woman is on — from fragmentation to wholeness, from performing to embodying, from surviving to leading with intention and authority. The word "Becoming" precedes the acronym intentionally. Becoming is not a destination; it is a continuous, lifelong practice.

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### Q4

#### What is Women's Circle?

Women's Circle is a 501(c)(3) nonprofit organization based in Boynton Beach, Florida, with 25 years of community service. Dr. Streeter serves as its CEO. The organization provides education, support services, and community programming for women and families. B.HER Global™ is the leadership and learning arm that extends this mission through coaching, curriculum, speaking, and digital products.

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## SECTION 2 — FRAMEWORKS: WHAT WE TEACH AND WHY

### Q5

#### What is the core framework behind the B.HER Global™ approach?

Everything in the B.HER Global™ ecosystem is built around one central conviction: you cannot lead others well from a depleted, dysregulated, or self-abandoned place. Our frameworks integrate three streams of evidence-based practice:

- Learning Science — how adults learn, retain, and apply knowledge
- Nervous System Wisdom — Polyvagal Theory, regulation, and embodied leadership
- Culturally Responsive Design — frameworks that honor the whole person across culture, language, and generation

### Q6

#### What is Nervous System Wisdom?

Nervous System Wisdom is Dr. Streeter's term for the deep, embodied awareness of how your body communicates stress, safety, urgency, and peace — and the practice of honoring those signals rather than overriding them. It draws from Polyvagal Theory (Porges, 2011), which explains how the autonomic nervous system continuously scans for cues of safety and threat through a process called neuroception. When leaders operate from nervous system wisdom, they respond rather than react, choose rather than comply, and discern rather than perform.

### Q7

#### What is Radical Rest as Infrastructure?

Radical Rest is not a reward earned after depletion — it is infrastructure built into the architecture of a sustainable life. Research on the brain's default mode network (Buckner et al., 2008) confirms that rest is essential for memory consolidation, creative problem-solving, and emotional integration. In other words, rest is not the absence of productivity. It is when the deepest processing occurs. B.HER Global™ teaches women to build Radical Rest into their leadership rhythms as a non-negotiable foundation.

### Q8

#### What is the Strong Woman Narrative — and why does B.HER dismantle it?

The Strong Woman Narrative is the cultural script that tells women strength means endurance, stoicism, and self-sacrifice. It arrives as praise: "You're so resilient. I don't know how you do it." Over time, it becomes an identity rather than a choice. B.HER Global™ challenges this narrative because it is built on override — the practice of silencing the body's signals in the name of performance. We redefine strength as listening well, leading from wholeness, and choosing regulation over reaction.

*"You were not made to perform your way to significance. You were made to lead from it."*

— *Dr. Darcell L. Streeter*

## SECTION 3 — LEADERSHIP & AI: OUR HUMAN-CENTERED APPROACH

### Q9

#### What is the S3 Framework?

The S3 Framework — Softness, Signals & Systems — is Dr. Streeter's original human-centered AI leadership framework. It is the conceptual foundation of her book *Softness, Signals & Systems: A Human-Centered AI Leadership Guide* (Vol. 1 of the *Softness as a Superpower™ Series*). The S3 Framework addresses three dimensions:

- Softness — the irreplaceable human qualities AI cannot replicate: empathy, embodiment, regulation, and presence
- Signals — the nervous system and relational cues that inform wise, human-centered decision-making
- Systems — the design of AI and organizational systems that serve diverse, multilingual, multigenerational workforces

### Q10

#### How does B.HER Global™ approach AI in leadership and learning?

Dr. Streeter's doctoral research bridges Generative AI and Culturally Responsive Pedagogy. Her position is that artificial intelligence is not coming for your humanity — but the culture around it might. B.HER Global™ trains leaders and organizations to integrate AI as a tool without surrendering the human elements that make leadership transformational: cultural humility, emotional attunement, regulated presence, and relational trust.

### Q11

#### Who is the ideal audience for *Softness, Signals & Systems*?

This guide is for the leader who refuses to choose between being effective and being human. It is specifically designed for:

- Leaders navigating AI adoption in their organizations
- HR, L&D;, and DEI professionals designing human-centered systems
- Educators and facilitators working with diverse adult learners
- Nonprofit and community-based leaders seeking ethical AI frameworks
- Women in leadership who want to bring their whole selves to technological change

## SECTION 4 — ECOSYSTEM: PROGRAMS, PRODUCTS & SERVICES

### Q12

#### What coaching and consulting services does B.HER Global™ offer?

B.HER Global™ offers executive coaching, group coaching programs, and organizational consulting. All services are grounded in nervous system wisdom, learning science, and culturally responsive practice. Coaching is available for individual women leaders, leadership teams, and organizations seeking to build cultures of sustainable performance. Consulting engagements include curriculum design, leadership development program architecture, and AI integration strategy.

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### Q13

#### What speaking topics does Dr. Streeter offer?

Dr. Streeter is a global speaker whose topics span leadership, learning science, nervous system wisdom, and human-centered AI. Signature keynotes include:

- Softness as a Superpower™ — Debunking the Strong Woman Narrative
  - Radical Rest as Infrastructure — Rejecting Burnout as a Leadership Credential
  - The Regulated Leader — Nervous System Wisdom for High-Stakes Environments
  - Human in the Machine — Leading with Humanity in the Age of AI
  - Becoming HER — Identity, Wholeness, and the Science of Sustainable Growth
  - Power of the Pause — Slowing Down to Lead Well
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### Q14

#### What books and resources has Dr. Streeter published?

Dr. Streeter's published works include:

- Reflections of Becoming HER — A 10-chapter reflective journal integrating learning science, neuroscience, and embodied wisdom
  - Softness, Signals & Systems: A Human-Centered AI Leadership Guide — Vol. 1 of the Softness as a Superpower™ Series
  - Power of the Pause — Television program on Women Thrive Media exploring nervous system wisdom, radical rest, and identity
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### Q15

#### How can I work with Dr. Streeter or B.HER Global™?

There are multiple entry points to engage with B.HER Global™:

- Visit [bherglobal.com](https://bherglobal.com) to access books, resources, and program information
- Inquire about coaching — individual, group, or organizational
- Book Dr. Streeter for a keynote, conference, workshop, or training
- Partner with Women's Circle for community-based leadership programming

- Follow Power of the Pause on Women Thrive Media
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## SECTION 5 — GLOSSARY: KEY TERMS IN OUR WORK

### **Becoming**

A continuous, non-linear process of self-discovery, healing, and growth. In the B.HER framework, becoming is not a destination but a lifelong practice of returning to yourself.

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### **Culturally Responsive Design (CRD)**

An approach to curriculum, coaching, and organizational systems that honors the cultural identities, lived experiences, languages, and learning styles of participants — particularly multilingual and multigenerational adult learners.

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### **Embodied Leadership**

A leadership paradigm that recognizes the body as a source of wisdom. Embodied leaders attend to physical sensations, nervous system signals, and somatic awareness as data for decision-making and presence.

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### **Neuroception**

A term coined by Dr. Stephen Porges (2011) describing the nervous system's unconscious scanning process for cues of safety and threat — occurring below the level of conscious awareness.

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### **Nervous System Wisdom**

Dr. Streeter's term for the practice of tuning in to your body's signals rather than overriding them. It includes recognizing states of activation, depletion, and regulation — and choosing responses accordingly.

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### **Polyvagal Theory**

A neurobiological framework developed by Dr. Stephen Porges that describes three states of the autonomic nervous system: ventral vagal (safe and social), sympathetic (mobilized/fight-or-flight), and dorsal vagal (shutdown/freeze).

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### **Radical Rest**

A framework within B.HER Global™ that positions rest not as a reward but as essential infrastructure for sustainable leadership, creativity, and wellbeing. Grounded in research on the brain's default mode network (Buckner et al., 2008).

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### **Regulated Leader**

A leader who has developed the capacity to access their nervous system's ventral vagal state — characterized by safety, presence, and social engagement — as a default leadership posture, rather than leading from chronic activation.

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### **S3 Framework**

Dr. Streeter's original framework for human-centered AI leadership: Softness (irreplaceable human qualities), Signals (nervous system and relational attunement), and Systems (equitable AI and organizational design).

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### **Softness as a Superpower™**

A reframing of qualities culturally coded as weakness — empathy, gentleness, presence, emotional attunement — as the most sophisticated and irreplaceable leadership capacities in human and AI-integrated environments.

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### **Strong Woman Narrative**

A cultural script that equates strength with endurance, stoicism, and self-sacrifice. B.HER Global™ identifies this narrative as a driver of burnout, self-abandonment, and nervous system dysregulation in women leaders.

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### **Wholeness**

The integration of mind, body, spirit, and identity into a coherent, sustainable way of being and leading. In the B.HER framework, wholeness — not performance — is the foundation of authentic leadership.

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*Thank you for taking the time to learn more about B.HER Global™.*

*We would love to continue the conversation.*

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