



FROM SURVIVING LEADERSHIP ALONE TO HEALING TOGETHER

HOW LEADERSHIP & COMMUNITY CARE BECOME AN
ETHICAL MENTAL HEALTH STRATEGY: REDUCING
INDIVIDUAL OVERLOAD AND INVISIBLE LABOR
THROUGH SUSTAINABLE LEADERSHIP

MEET YOUR FACILITATORS

**COACH CASSIE J,
RPSS, RCP, RCPF**

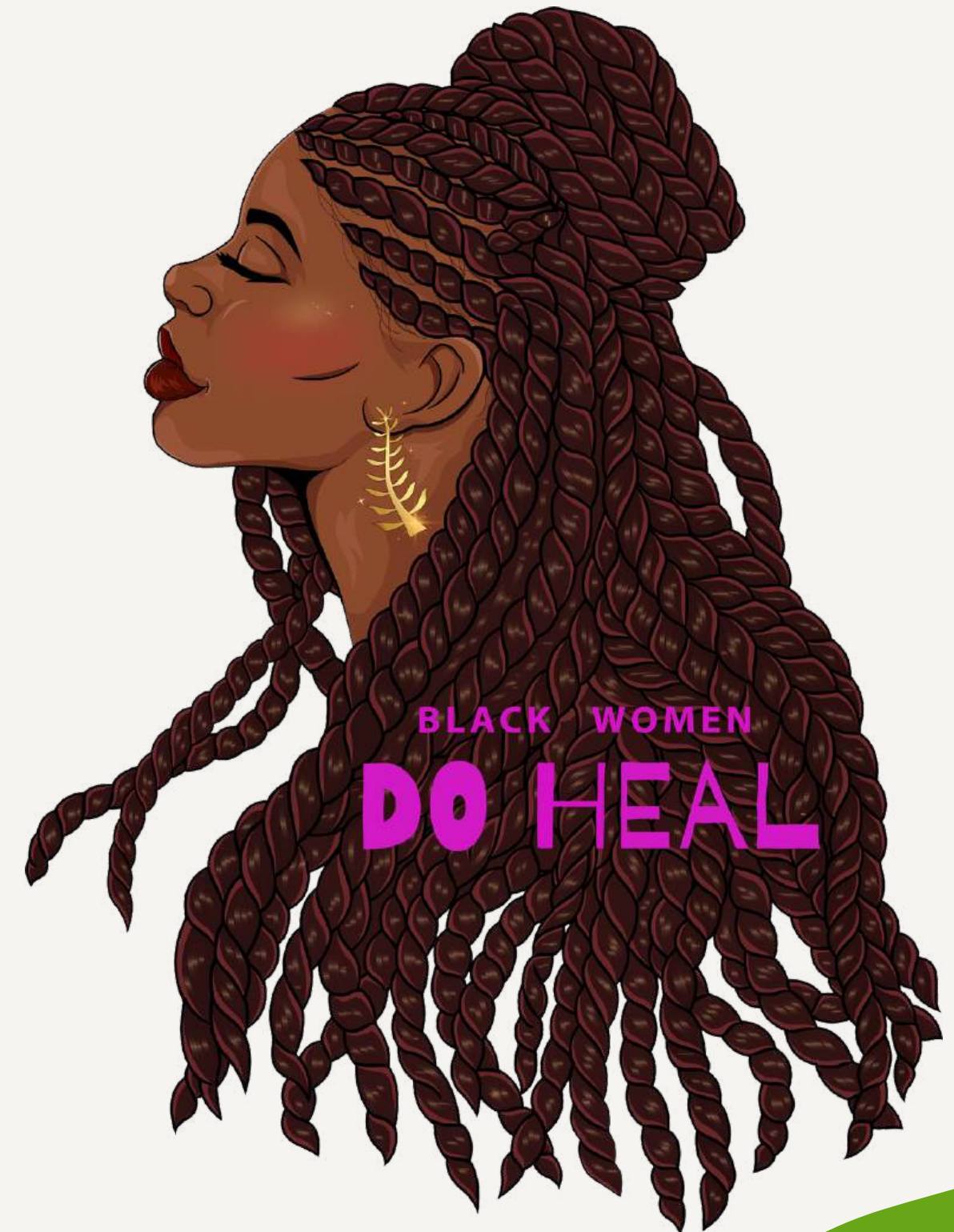
RECOVERY LIFE COACH TRAINER
BREATHWORK FACILITATOR
AUTHOR

FOUNDER & CO-EXECUTIVE DIRECTOR
OF VISION, PROGRAMS, AND
COMMUNITY HEALING,
BLACK WOMEN DO HEAL, INC.

**COACH AVERY,
LCSW-BACS, RCP**

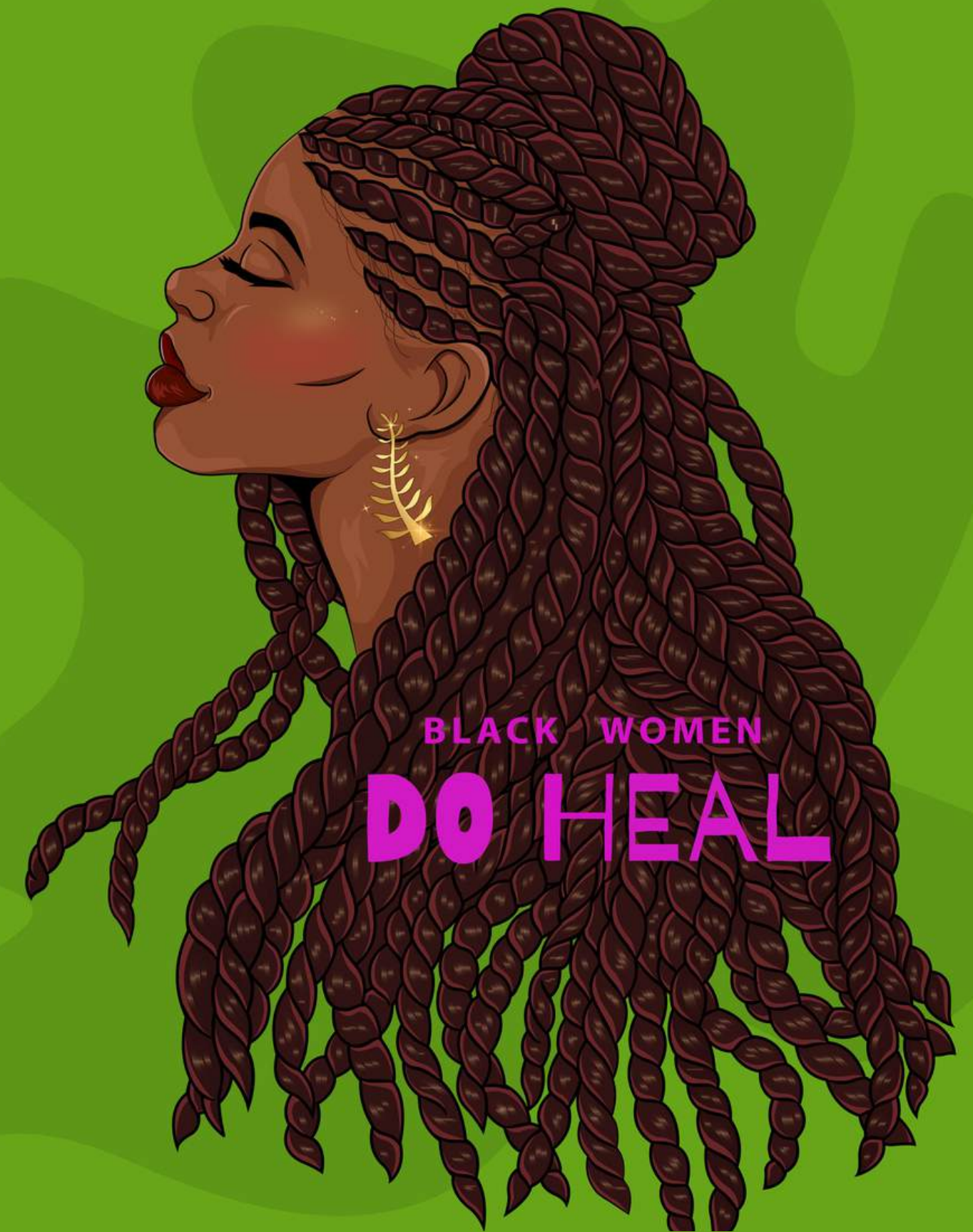
FUNCTIONAL WELLNESS SOCIAL
WORKER & TRAUMA RESEARCHER

HEALING CAREGIVER
AMBASSADOR & CERTIFIED
COMMUNITY HEALER
BLACK WOMEN DO HEAL, INC.



About Us

Black Women DO Heal
promotes rest, respite, and
holistic wellness for Black and
Brown Women, Community
Healers, Healing Practitioners,
and Allies through training,
respite activities, healing
stories, corporate workshops,
and events



www.BlackWomenDOHeal.org

“

Your
Strength
Was Never
Meant To
Crush You.

-Black Women DO Heal





No Blame, No Shame
Whatever is shared is sacred
Hold space for Yourself
Hold space for your Fellow
Healers

Introduce Yourself

- What did you have to carry just to get here today?
- Where did your body feel it first?



Who Are Community Healers?

“At BWLDH, Community Healers are professionals whose roles require sustained emotional, relational, and community labor.”

-Coach Cassie J





We get so good and
(often proud) at
carrying stuff that we
don't notice how heavy
it's become(ing)

Before You Can Leverage Community Ethically.....



**Ethics Principle: We are expected to sense,
monitor, and manage personal issues and
how they impact you and the work.**



Black Women DO Heal, Inc

OUR Magic BOX





S.U.S.T.A.I.N.™

FRAMEWORK

S. Sense

U. Understand Capacity

S. Set Boundaries

T. Tend Nervous System

A. Align with Values

I. Integrate Support

N. Name the Cost



“It’s important
to tell the truth
of what it costs
to carry, so I
don’t have to
do it alone.”

Avery Brewton, LCSW-BACS, RCP
Caregiver Ambassador BWDH



**Naming the cost isn't complaining.
It's radical and compassionate
honesty that enables someone else
to help you carry it or put it down.
What have I never said out loud, or
it's been said but ignored**

As A Community Healer

You are not charged to save the community.....
You are charged to heal in community while you
walk with others until they are ready to lead in
community in their own ways.



***“If leadership costs us our health, joy, or our
lives, it is not sustainable.”
–Coach Regina, BWDH***



Black Women DO Heal, Inc

Who in your
community needs
to know the costs
you or your team
carry?

And how could their knowing help to
more ethically sustain your work?

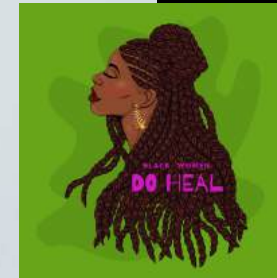
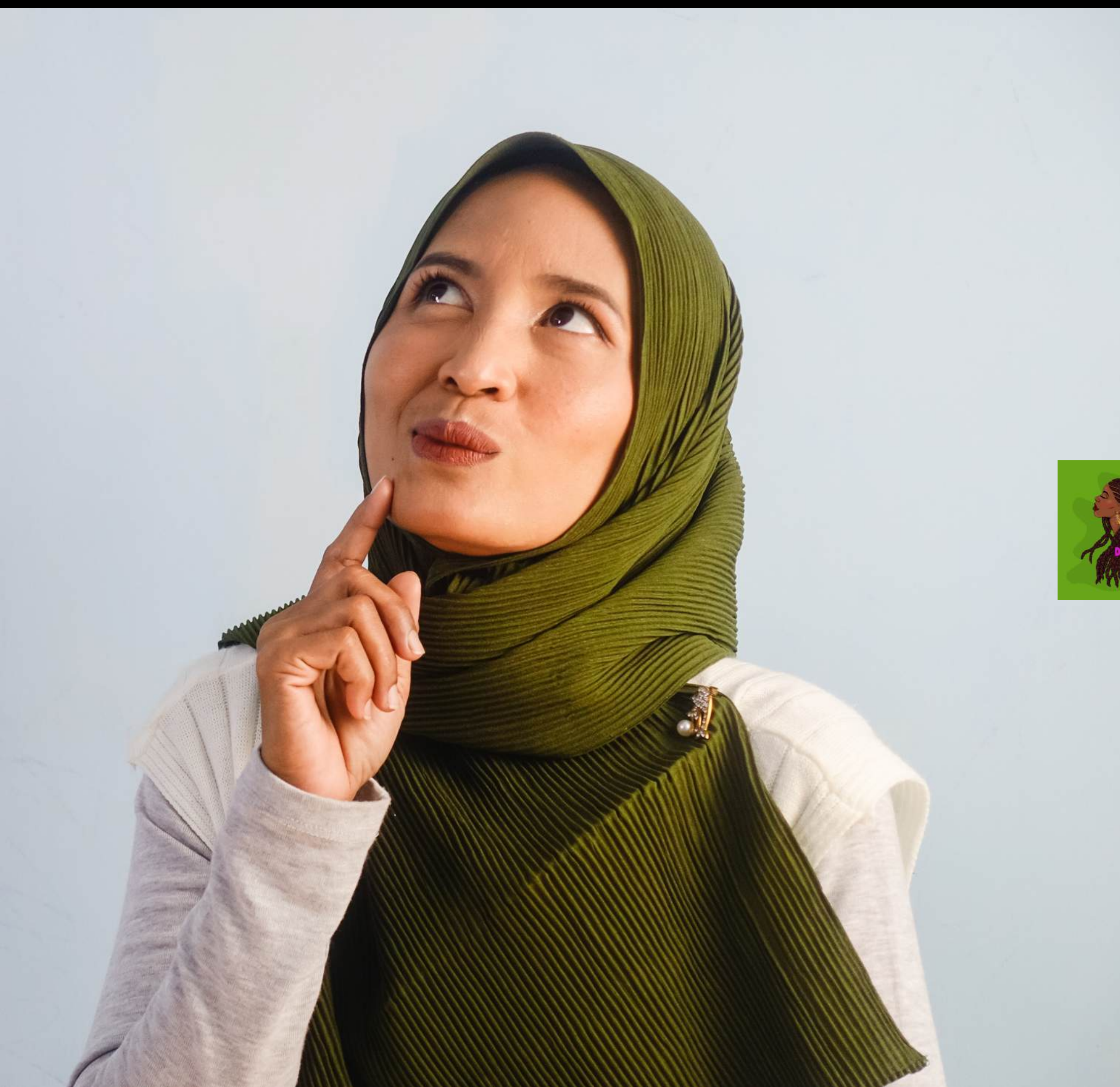


So.....
How Do We
Translate Self-
Care to
Organizational
Care &
Sustainable
Leadership?



**“You are not failing
the system.
The system was
never designed to
sustain you.
But you are learning
to sustain each
other.”**





**Stop
Start
Continue
Change**
**Hear the sounds.
When the sound
stops,
immediately
write your
answer to each.**





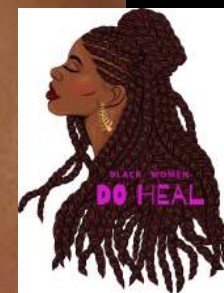
Conference Assignment: **With love, we invite you to:**

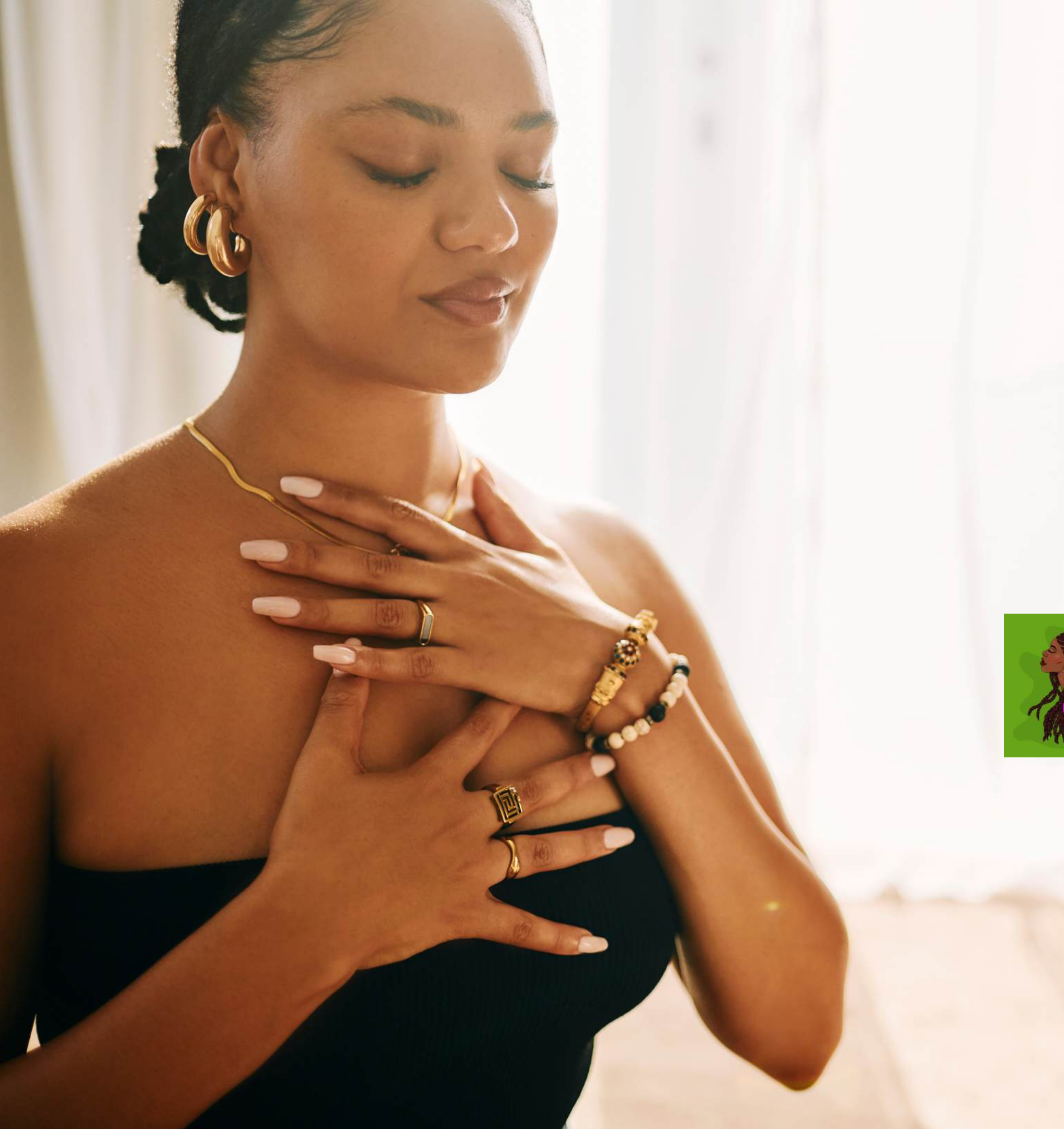
- **Put away your devices**
- **Savor your food while you eat.**
- **Be intentional and commune with others**
- **Take a stroll**
- **Engage with the environment**
- **Take note of what you feel**
- **Attend the BWDH Self-Care Session at
5pm**



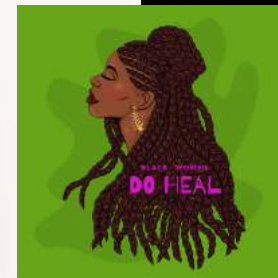
“ I believe that
we can save
the World if we
first save
ourselves.

-Lizzo





Closing Breath



Thank You for Trusting Us With Your Authenticity



We send light and love your way as you continue your healing journey.



CONTACT US:



504.407.5131



www.BlackWomenDOHeal.org



Healing@BlackWomenDOHeal.org

PLEASE TAKE OUR EVALUATION

