

Dr. Monea T. Abdul-Majeed

Racial Justice Speaker, Yoga Teacher, Grounding Force.

If you saw Dr. Monea strutting around her small Pennsylvanian town, you may see her with three babies, a yoga mat, and a laptop in tow. As a racial justice speaker/trainer, yoga teacher, and mom, Dr. Monea touches every life within a 1000 mile radius. She's a voice for the voiceless and lives her life as a megaphone for peace and justice for all.

Guided by Dr. King's racial justice philosophy, Dr. Monea fuses her Ph.D. in Sociology, over 16 years of Federal Government service, her 500-hour yoga teacher certification, non-profit work, professorship, and mommy intuition to deliver jaw-dropping, tear-jerking, speeches for audiences yearning for racial justice transformation.

Dr. Monea grew up Washington, DC, where she returned to attend graduate school at Howard University after she completed her Bachelor's of Arts at Washington and Lee University. Her voice is calm, yet assertive, while her influence is motivating yet direct. She's spoken and trained hundreds of people from the Mid-Atlantic area all the way to South Africa. She's a magnet to any person or organization that is serious about being more welcoming and inclusive to all.

Her life's mission is to "eliminate racism one heart at a time."

Speaking Topics

- **Systemic Racism and YOU**

encourages listeners to examine their role in systemic racism and ways they can solve it.

- **Confronting Racism: A Trauma-Informed Approach**

describes the long-term trauma of racism in our country for all races, not just people of color by presenting a trauma informed approach for healing from the inside out.

- **Deepening Our Empathy, Serving Our Community**

connects listeners with tools to strengthen their empathy to help serve those around them, particularly those who do not look like them.



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