

# LA ADKINS, MSW, LCSW

Licensed Clinical Social Worker  
Mindfulness Meditation Guide  
Sound Journey Practitioner  
Keynote Speaker

## ABOUT ME

LA (el-ay) uses she/her pronouns and is a subject matter expert in mental health and holistic wellness. She specializes in talks on both **loss/grief** and **life transitions**.

Her personal values include accountability, authenticity, autonomy, integrity, justice, and transparency, which guide her work and how she shows up in the world.



## PREVIOUS SPEAKING COLLABORATIONS

Black Health + Wellness Summit  
Duke University  
Madison Metropolitan School District  
Milwaukee Public Schools  
Student U  
TED and TEDx  
Toastmasters, Inc.  
University of Wisconsin-Madison  
Uprooted Academy  
U.S. Department of Justice  
WUNC - North Carolina Public Radio  
YWCA Madison

## PERSONAL MISSION STATEMENT

To be a guide in supporting individuals to improve their practices around **well-being** and their relationships with themselves in order to contribute positively to their overall wellness and **sense of self**.