
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**.