



SHAYNA RENEE HAMMOND

BECOMING AN INDIGOWOMAN

How to Thrive in Leadership and Life

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Bio

Shayna Renee Hammond is a leadership and life coach who has developed thousands of leaders within the education and non-profit sectors for nearly twenty years. She is the founder and CEO of Lead For Liberation and IndigoWomen, a coaching practice dedicated to creating spaces, methods, and conditions for Black women in leadership to thrive.

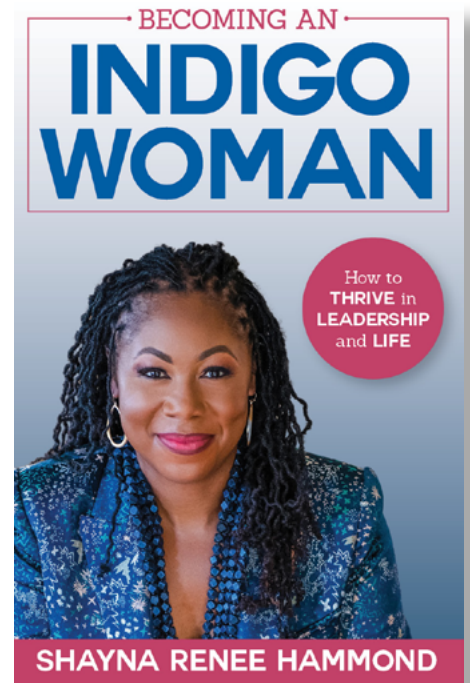
Questions to Ask Shayna

- ▶ Shayna's personal leadership journey, and the role her family & community played in developing the leader that she is today?
- ▶ How to define what authentically leading means to you?
- ▶ How to navigate the Strong Black Woman Schema when establishing a work/life rhythm that works for you?
- ▶ How Shayna balances multiple businesses as a single mom?
- ▶ How do you heal from internalized and transferred racism?
- ▶ How she became a middle school principal at the age of 25?
- ▶ Rebirth, Reset and Renew—How to heal and transform our minds, bodies, and spirits so that we may thrive while leading boldly.

Fun Facts

- ▶ Spiritual Life Coach & Facilitator, Harriet's Apothecary, a healer's collective
- ▶ Board member at St. Patrick's Episcopal Day School and Livelihood Trust
- ▶ Sprint Relay Triathlete
- ▶ Principal at the age of 25
- ▶ Proud mom of 2 pre-teen children

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