LEA V. HORTMAN, MSW, IS FAITH-LED, TRAUMA-INFORMED LEADER FOR GIRLS' AND WOMEN OF COLOR.



LEA HORTMAN

TRAUMA-INFORMED SPEAKER

serving girls + women.

capabilities and collaborative action.

I envision a world where women and girls of color are healed, whole, and leading—because healed women transform culture, and empowered girls shift generations., everything changes. My signature conversations center identity, healing, and purpose through a trauma informed lens.







the core to *ignite her*

Core Competencies

- Trauma-Informed Facilitation & Mentorship
- Girls' Empowerment Program Design
- Behavioral Health & Wellness Integration
- Program + Event Strategic Planning
- Leadership & Life Skills Development
- Racial Socialization & Healing Practices
- Girls of Color Safety + Psychoeducation

SPEAKING SERVICES

Keynote speaking, youth workshop facilitation, and professional development.

PROGRAM DESIGN + FACILITATION

Building or audit a Trauma-Informed Girl Program Design, implementation framework, and staff training

EDUCATION CONSULTING

Professional development workshops and research development, strategic planning.







CARROLL UNIVERSITY

UNIVERSITY OF WISCONSIN PLATTEVILLE

Mount Mary UNIVERSITY

Lea V. Hortman is a Milwaukee native and faith-led, trauma-informed speaker with over 10 years of experience in the social work field. She's the founder of Under My Wing, Inc., a grassroots organization dedicated to liberating girls through healing, identity work, and leadership development.

Known for her bold voice and breakthrough messaging, Lea's work sits at the intersection of faith, mental wellness, and purpose. Whether in classrooms, community spaces, or on the stage, Lea creates sacred spaces where women and girls of color can be seen, heard, and experience breakthroughs.

Through spoken word, keynote engagements, and professional development, Lea uses her voice to ignite healing, challenge systems, and equip women and girls of color to lead with identity, faith, and purpose.

+10
years in social work & trauma informed spaces.

+100
stages, workshops + events

+1000
girls & women of color impacted.

STAY CONNECTED

WHEN GIRLS HEAL SYSTEMS CHANGE.

trauma informed
SPEAKER + CONSULTANT

BOOK NOW