

DR. TRACY R. POWELL

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📌 Dr.Tracy R. Powell

Dr. Tracy Powell, the founder and driving force behind our institute

is a beacon of practical leadership and compassion. With over a decade of speaking, training, and coaching, Dr. Powell has carved a niche as a Tactical Executive Coach, Practical Leadership Expert, Professional Speaker, and Author. Born and raised in Lamar, South Carolina, and a proud graduate of the University of South Carolina, Dr. Powell brings a wealth of experience from her 15 years of active-duty service as a Scientist Officer to over 11 years dedicated to speaking and coaching on leadership. Her journey is marked by resilience, from overcoming racial discrimination to balancing work and family life, leading her to establish our institute as a sanctuary for minority women leaders seeking guidance and support.

Dr. Powell's accolades include being an internationally known, award-winning author and speaker, a Distinguished Toastmaster, and a Certified Mediator. Her publications, such as Practical Leadership: Lessons Learned from Mickey and The Leadership Journal, reflect her passion for nurturing leaders who are not only effective but also empathetic and inclusive.

Testimonials

"Dr. Powell is an exceptional coach that I began working with during a pivotal time in my career several years ago. Since then, I have achieved many professional goals, focused on effective leadership, decision-making, work-life balance, and performance management to name a few. Her thought-provoking questions, discussions, and the resources offered have been a tremendous asset. I highly recommend Dr. Powell to anyone with a desire for positive results and professional growth.

- Dr. Tarsha Cavanaugh, PhD

"Dr. Tracy Powell has had a desire to see women succeed since her undergraduate days at the University of South Carolina. I've seen her encourage, empower, and move women to action, whether in the workplace or during times of leisure. Dr. Powell walks in a spirit of excellence that has catapulted her to stages both foreign and domestic. Her drive and determination help to make her the best coaching consultant out there today. I recommend Dr. Powell to any woman seeking to strengthen her level of expertise in the marketplace."

- Dr. Keshia Keith, LCMHC, LPC, CCFE



Speech Topics

Compassion: Create What You Don't See

In this poignant keynote, Dr. Tracy Powell delves into the transformative power of compassion in leadership and organizational culture. Drawing from personal experiences and proven strategies, she illustrates how creating spaces of empathy and understanding can lead to increased productivity engagement, innovation, and a thriving workplace environment.

Audience Takeaways

- Insights into the pivotal role of compassion in leadership.
- Practical strategies for cultivating a culture of empathy and inclusion.
- Inspirational stories of transformation and success.

REFOCUS: Leading Through Diversity, Equity, and Inclusion

Dr. Powell introduces the REFOCUS concept, a comprehensive framework for navigating the complexities of DEI in the modern workplace. This presentation is a call to action for leaders to reflect, educate, and foster open discussions, leading to a more inclusive, equitable, and productive organizational culture.

Audience Takeaways

- An understanding of the REFOCUS framework for DEI.
- Actionable steps to implement inclusive practices and policies.
- Techniques for creating environments where every team member feels valued and heard.

Consulting and Training Services

90-Minute Workshops

Ideal for: Quick, impactful learning and skill development.

Half-Day Training

Ideal for: Deeper exploration and skill-building in a compact format.

Multi-Day Event

Ideal for Comprehensive training and development with lasting impact.

Coaching

Map & Momentum: 30-Day Intensive Coaching

Executive coaching, Personal development, Strategic planning

Path, Pivot, Prosper: 90-Day Transformation

Leadership coaching, Goal redefinition, Personal Achievement

Action & Advancement: 6-Month Comprehensive Coaching

Professional growth, Decisive action, Personalized coaching



Military Awards & Recognitions

Surgeon General's Exemplary Service Medal	2013
Outstanding Service Medal	2023
Commendation Medal	2014, 2012
Achievement Medal	2009
PHS Citation	2023, 2015, 2013
Presidential Unit Citation	2021, 2015
Outstanding Unit Citation	2021, 2019, 2016
Unit Commendation	2020, 2019, 2018, 2016, 2012, 2011, 2010, 2009
Ebola Campaign Medal	2017
CDC Honor Award Ebola Response	2016
COVID 19 Pandemic Campaign Medal Expeditionary Attachment	2021
Special Assignment Award	2021, 2018, 2010
Crisis Service Response Award	2017, 2014
Response Service Award	2012, 2010
National Emergency Preparedness Award	2021
American Women's Business Association Protégé Award	2022
Toastmaster Area Director of the Month, Area B	2018
Recipient of the Minority Officer Liaison Council Chair Award	2010

Certifications

Distinguished Toastmaster	2019
Advanced Leader Silver	2019
Advanced Communicator Gold	2019
Leadership Excellence	2019
Advanced Communicator Silver	2019
Advanced Communicator Bronze	2018
Advanced Leader Bronze	2017
Competent Leader	2015
Competent Communicator	2015

Expertise

- Leadership
- Adjunct Professor: Leadership, Health Care Administration, Healthcare Policies
- Diversity, Equality, Inclusion, Accessibility, and Belonging (DEIAB)
- Enterprise Risk Management
- DoD Clinical Trials Review