

Nubia DuVall Wilson

Survivor. Writer. Change Agent.

I lend my voice to nurture a safe future for survivors as people, parents, and peers who contribute to our lives, workplace and communities.

Most Requested Presentations

LEADING AFTER TRAUMA

How to foster a culture that is healthy for survivors and their peers in the workplace.

Key Takeaways for Survivors + Managers:

- Use your coping mechanisms as your strengths.
- When to be vulnerable with colleagues/peers.
- Manage your trauma and create boundaries in the workplace.
- How to give your employees a voice and be aware of their coping mechanisms.

CONTROL, POWER AND APPEARANCE

A transparent look at Nubia's ongoing journey to manage her perception of her physical appearance while regaining her power.

Key Takeaways:

- Evaluate and improve your positive & negative perceptions of your appearance.
- Understand how it your perception can impacts your personal and professional life.
- Understand how media is a negative trigger and how to rebuke.

BEING A PARTNER TO A SURVIVOR, AND SURVIVING!

Partners of survivors have needs too, but before those needs can be met, they need to understand how to support their female survivor partner.

Key Takeaways:

- How to be part of their support system.
- Supporting a survivor when they don't ask you for love and safety.
- Understanding your partner's triggers, ambivalent sex drive and helping them set boundaries to find balance.

MANAGING PANIC ATTACKS IN PARENTHOOD

One mom's journey (with both laughter and tears) dealing with panic attacks and triggers while raising her children.

Key Takeaways:

- Potential situations that can be triggering in parenthood and how to plan ahead.
- How to set boundaries for yourself and for your children with the community.
- Explaining triggers and mental load to your partner to become a stronger team.
- Straight talk with your kids about their bodies.



Book Nubia to Speak

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DREAM JOURNALING TO SELF ACTUALIZE, SUPPORT CREATIVITY AND TELL YOUR STORY

Experiencing writer's block? We are the freest and limitless in our dreams. Dream journaling contributes to creativity and this talk will show writers how to do so.

Key Takeaways:

- Learn how to log your dreams to foster creativity.
- How to use your dreams to get through a creative block.
- How to use creativity to heal and turn a traumatic experience into fuel for your art.

Studies have shown that sexual references are made anywhere from 8 to 10 times during 1 hour of prime time television.

Journal of Broadcasting & Electronic Media

Every 92 seconds, an American is sexually assaulted.

RAINN

"Thank you again for joining us as a panelist at Bloomingdale's. Thanks to you, the event was a great success! I look forward to showing you around our facilities when you come to visit."

Chief Development Officer, Nadine Brechner, Trinitas Health Foundation

"Nubia is a perfect example of thriving through trauma while balancing self-care and coping skills for everyday challenges. Her poise, professionalism and impactful contribution made her not only a pleasure to work with, but her input was invaluable in terms of her easy delivery and messaging. She makes an engaging solo speaker with a fun and captivating message that is essential to everyone trying to live a fulfilled and balanced life."

Marlie Massena, Bloomingdale's NJ Trade Area Marketing Manager

"A masterful storyteller, Nubia understands how to get her audience to relate to survivors in a way that allows them to know themselves better as by standards of sexual assault. She understands humans, especially those working through trauma."

Sahar Paz, founder Own Your Voice Summit



BOOK SYNOPSIS + TESTIMONIAL

Time is running out to keep Quentin alive...Eva wakes up and finds herself in a 1920s lounge with four strangers. One by one, each is mysteriously pulled back in time by an invisible force to keep an unknown boy named Quentin alive. Tension increases while they piece together a puzzle that reveals each stranger has a secret that creates more unity than they could have imagined.

"Nubia shares a story that has the potential to mend a million open wounds; a thoughtful depiction of a survivor's will to heal."

Sheri-Ann Best, LCSW-R, Broadhollow Psychotherapy



PREVIOUS SPEAKING ENGAGEMENTS

