

Nubia DuVall Wilson

Unsilenced. Writer. Advocate

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

1. LEADING AFTER TRAUMA: Trauma Survivors Make Strong Leaders

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

Best Audiences: HR professionals, DEI leaders, corporate teams, business owners, trauma survivors, leadership coaches

- Why trauma survivors often make resilient, emotionally intelligent leaders.
- When (and how) to be vulnerable with your team.
- Creating boundaries in high-pressure work environments.
- Giving employees space to show up authentically, even when triggered.

2. Black Women, Trauma and the Burden of Silence

Explores how Black generational trauma, familial/cultural norms and hypervigilance to protect our Black men often come at the expense of Black women's healing from sexual abuse.

Best Audiences: Black women's orgs, survivor advocacy groups, HBCUs, DEI and wellness conferences, retreats

- The history of Black communities ignoring generational trauma
- 1 out of 4 Black girls experience CSA before 18, let's unpack their internalized silence.
- Tools for reclaiming your body, your voice, and your community.
- How to heal when the people who hurt you are the ones you were told to protect.

3. MANAGING PANIC ATTACKS IN PARENTHOOD

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

Best Audiences: Survivor parents, trauma-informed therapists, doulas, early childhood educators, parenting coaches, pediatricians.

- Reality of panic attacks and emotional flashbacks during parenthood.
- How to prepare for triggering events like school plays, doctor visits, and holidays.
- Communicating with your partner and building a team approach.
- Importance of community support and boundaries.



Book Nubia to Speak

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The majority of survivors disclose the abuse as adults—often in their 30s to 50s.

Adult and Adolescent Disclosures of Child Sexual Abuse: A Comparative Analysis

Every 72 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

RAINN

PACE
UNIVERSITY

the
aplomb
project

QW

MEDGAR
EVERS
COLLEGE
THE CITY UNIVERSITY
OF NEW YORK

TRINITAS
HEALTH FOUNDATION

bloomingdale's