



ADIA HOLMES

Author, Facilitator & Speaker

Adia holds a Bachelor's degree in psychology and a Master's degree in counseling from Hampton University. Based in Columbus, Ohio, Adia has over 16 years of experience working across the child welfare, social service and juvenile justice fields. Through her work with Franklin County Children Services, Family & Children Council, and The Breathing Association HEAP Dept., she has served as a

liaison, facilitator, trainer, compliance manager and tireless advocate for the betterment of youth and families.

Her passion for underprivileged and underserved communities comes from her awareness of the disproportionately skewed outcomes for many of these families. In addition, to the sobering fact that these very skewed outcomes could have been her own stark reality.

Adia is a passionate advocate for growth, authenticity and making every effort to leave others better than she found them. Her foundational belief that we are all more alike than we are different, drives her innate ability to engage, creating a natural safe space and comfort for others.

Adia has had the privilege of facilitating numerous master classes with Dr. Adolph "Doc" Brown III, who is a master teacher, clinical psychologist, host of ABC's The Parent Test and one of the most widely respected speakers and mental health professionals.

She is the author of *Why Don't You See What I See? Breaking the Cycle of Systemic Racism* and creator and facilitator of the master class by the same name. Adia is also co-host of the podcast *Nothing's Wasted* alongside her husband. Most importantly, Adia is wife and mother to her husband and three children whom she recognizes as her greatest inspiration and greatest teachers.

In all her work, Adia strives to bring awareness, ignite change, inspire growth and dismantle injustice with the truth.