

Rev. Dr. Xenia Barnes Shares Trauma-Informed Leadership Expertise at ABS Conference in New York City

NEW YORK, NY, UNITED STATES, August 24, 2026 /EINPresswire.com/ -- Rev. Dr. Xenia Barnes, a trauma-informed behavioral scientist, leadership strategist, author, and founder of RDB Speaks, recently spoke at the ABS Conference in New York City.

The conference gave Dr. Barnes an opportunity to bring her work on trauma, grief, mental health, and leadership to a space filled with entrepreneurs, business leaders, and professionals.

As a Black woman entrepreneur whose work is rooted in both professional expertise and lived experience, Dr. Barnes continues to advocate for a better understanding of how personal experiences can influence how people lead, communicate, make decisions, and show up in the workplace.

"Speaking at the ABS Conference was especially meaningful because it allowed me to bring conversations about trauma, grief, and emotional wellness into a business environment. We often focus on how to grow the business, but we also have to pay attention to the person who is leading and building that business. What we carry personally can impact how we lead professionally." — Rev. Dr. Xenia Barnes



Her appearance at the ABS Conference also comes during Black Business Month, highlighting

the importance of Black entrepreneurs creating businesses that not only generate opportunities but address important needs within their communities.

Through RDB Speaks, Dr. Barnes provides speaking engagements, leadership training, workshops, and trauma-informed programs designed to help individuals and organizations better understand the connection between human behavior, trauma, emotional wellness, and effective leadership.

For speaking engagements, workshops, media interviews, and partnership opportunities with Rev. Dr. Xenia Barnes, visit RDB Speaks at www.rdbspeaks.com.

Sharon Leid
NetStruc PR
+1 347-527-6463
sleid@netstruc.net

This press release can be viewed online at: <https://www.einpresswire.com/article/936051007>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2026 Newsmatics Inc. All Right Reserved.