



co-author

Rev. Dr. Xenia Barnes, M.Ed, CHRC, ThD

Xenia Barnes is a prominent Social and Behavioral Scientist, keynote speaker, and trauma expert known for her "Trauma-to-Triumph Transformation Model." She combines academic research with community intervention to address workplace trauma, cultural betrayal, and systemic barriers, promoting healing and resilience in urban communities. With over 20 years of experience, she empowers survivors of domestic abuse and violence through her speaking engagements, publications, and direct interventions, providing strategies for lasting change and team resilience.

leaderkeysunlocked.com/keystotriumph