



Leadership Well-Being Consultant. Therapist. Scholar. Preacher.

**Dr. Stacia K. Wilkins, Psy.D, LPC, M.Div**

Dr. Stacia (affectionately known as Dr. Stay) is a leadership well-being consultant whose passion is to see people and entities healed and operating at their highest level of proficiency. She has over 18 years of combined experience as a licensed psychotherapist and leadership consultant, working with various populations in diverse settings.

Employed in both clinical and senior level administrative capacities, Dr. Stacia has utilized her professional skills for counseling, leadership development and self-care, team building, program implementation and evaluation, developing organizational racial justice initiatives, clinical supervision and consultation. She is a passionate speaker and preacher who has facilitated several conferences and workshops surrounding leadership development & wellness, mental health, spiritual growth, and racial equity.

She operates from a psycho-spiritual wellness model. This model teaches individuals, leadership teams, and organizations how to recognize the historical underpinnings that shaped unhealthy internal cultures and facilitates reframing cognitive constructs. Together they revitalize emotional health, resist oppressive systems that impede growth and harmony, and restore broken barriers to safe environments. By using practical methods, Dr. Stacia helps others return to a state of wellness and proficiency.

Dr. Stacia is also the Founder and Chief Visionary Officer (CVO) of Darar Enterprises, LLC which is a faith-based parent company of two subsidiaries: Heart 4 Christ Ministries (focusing on deliverance and healing) and a private practice consulting firm SKW Counseling & Consulting (focusing on the psycho-spiritual wellness of individuals, leadership teams, and organizations through counseling and consulting services). Dr. Stacia eagerly contributes to the field of education as an Adjunct Professor at Drexel University in Philadelphia. She is the author of *Get Up! A 30-Day Devotional* and has also developed her own leadership wellness program entitled "*Stay Up and Stay Well.*"

A native of Wilmington, Delaware, Dr. Stacia earned a Bachelor of Science degree in Psychology from Delaware State University. She achieved a Master of Arts degree in Mental Health Counseling from the Alliance Graduate School of Counseling and a Master of Divinity degree in Bible and Theology from the Alliance Theological Seminary. Stacia culminated her academic tenure by obtaining a Doctor of Clinical Psychology degree from California Southern University. Dr. Stacia currently holds a license to practice as a Licensed Professional Counselor in the state of Pennsylvania. She resides in Delaware with her husband Andre Wilkins, and she loves cheesecake and shoe shopping!