

Dr. Adia Gooden

Helping Everyone to Embrace their Unconditional Self-Worth

Low self-worth is everywhere. It shows up as imposter syndrome (which 70% of people struggle with), can lead to mental health issues, burnout, and keep people from sharing their talents at work and with the world. I believe that our workplaces and our world will be a better place when everyone knows they are UNCONDITIONALLY WORTHY.

I'm a licensed clinical psychologist and I've worked with hundreds of clients over the last 10+ years. I received my B.A. from Stanford University and my Ph.D. from DePaul University.

In 2018 I gave a TEDx talk called Cultivating Unconditional Self-Worth, which has over 1 million views because it's a message that resonates so deeply with people.

I utilize my professional training and expertise working with high achieving clients as well as my personal self-worth journey to provide practical and impactful guidance through keynote presentations and workshops that leave audiences feeling uplifted, inspired, and empowered to thrive in their personal and professional lives.



POPULAR TALKS

Self-Worth for Professional Success

How Low Self-Worth Leads to Imposter Syndrome and Powerful Strategies to Overcome Both

Practicing Self-Compassion for Resilience and Emotional Wellness

Black Women and Mental Health: Challenges & Opportunities

Past Clients

TEDx



St. Jude Children's
Research Hospital



WORLD
ECONOMIC
FORUM

Google

**Silence
the Shame**



Stanford
University

Debevoise
& Plimpton

ESSENCE
wellness
HOUSE



THE UNIVERSITY OF
CHICAGO

FOUNDATION FOR WOMEN'S
W
— LEADERSHIP —
& EMPOWERMENT


GRANICUS

WINSTON
& STRAWN LLP

Argonne 
NATIONAL LABORATORY

To book
Dr. Adia for
your next event
click here
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Connect with Dr. Adia

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 Website- dradiagooden.com

Testimonials

Dr. Adia Gooden is an empathetic and knowledgeable facilitator.

She has a gift for creating spaces where people feel comfortable to be themselves, be transparent and connect with their colleagues.

Dr. Gooden spoke with our Black Excellence employee resource group about Black self-compassion, a topic that is both timely and necessary.

I cannot thank and recommend her enough for any organization looking to have impactful and relevant conversations that address the whole employee and the issues we face individually and collectively.



-Nicole Blake Johnson,
Co-Lead, Black Excellence
employee resource group @
Granicus

Adia was AMAZING!!!!

She is so poised and such a tremendous speaker. I plan on reaching out to her personally to thank her,
she's an incredible woman and I'm honored we got to learn from her!!!

-Workshop attendee

I thought your presentation was amazing. So much of what you mentioned is me.

The masterclass alone helped me to have a better understanding of why I'm like I am...

...Thank you for turning on a light bulb for me."

- Past masterclass attendee