

# Regina Townsend, MLIS

*Inspiring and empowering by putting words to the feelings.*



PIONEER OF BLACK INFERTILITY ADVOCACY  
YOUNG ADULT SERVICES SPECIALIST  
ADVOCACY CONSULTANT

AS SEEN IN:

*The Atlantic*

**healthline**

*The New York Times*

THE OPRAH MAGAZINE

**SLATE**

THE ROOT 100

**Women's Health**

We had the pleasure of having Regina join us as a guest speaker for our Maternal Support Practitioner Training in our Spring semester. We loved her talk so much that we asked her to come back not only as a guest speaker but as a teacher! Regina is an incredible speaker, teacher and advocate and we are so grateful for the work she has done and continues to do. Thank you Regina!

Meg Kant - Bebo Mia, Inc.

Regina, you are absolutely amazing and we are so honored that you spoke at the first-ever Fertility Rally. Your session was hands-down one of the crowd favorites, because you bring a real, relatable tone that immediately makes those listening comfortable. You are funny and warm and cool. You leave people feeling validated and empowered!

Ali Prato & Blair Nelson  
Founders, Fertility Rally

Every now and then, we yearn for someone to say what we're thinking. To express what we can't seem to find the words for.

That's where I come in.

I have a lot of experience being the "only" in the room. The only black woman in the room. The only infertile woman in a room of moms. The only adult in a room full of teens. Rather than feeling othered and isolated however, I've found that these experiences have actually gifted me the opportunity to listen, observe, and identify the things that make us all more alike than different.

My presentation style is down-to-earth, practical, but informed. I am passionate about advocacy and information, but not at the expense of understanding and connection. If you want your team to walk away with feelings of personal empowerment and motivation, let's talk.

## PRESENTATION AND WORKSHOP TOPICS INCLUDE:

### BIGGER THAN BABIES

For more than a decade, I've provided an honest and personal look at the ways that infertility intersects physical, emotional, and mental health. Using my personal experience as a base, I speak candidly about how and why infertility and reproductive health should be normalized and not scandalized.

### EMPATHY FOR EXCELLENCE

For over a decade, I've served as a mentor and advocate in health, librarianship, and community service by creating a nurturing and honest leadership style that builds and empowers my teams. I'd love the opportunity to help you and your team learn how to become compassionate, transparent, and empathetic leaders

### YOUTH ADVOCACY

With over 15 years of experience as a youth librarian and teen specialist, allow me to share fun and practical tips on how to serve and advocate for teens and young adults by listening and engaging them.

ADDITIONAL OR CUSTOMIZED OFFERINGS BY REQUEST.

## CONTACT

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