

Media kit



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ABOUT ME

Helping older women find liberation, fulfillment and joy in their next chapter.

Angella Fraser

Angella is a champion for joyful living and joyful money-making.

She is originally from Jamaica and spent her formative years there and in Brooklyn, NY. Her script was set by her parents and followed by older siblings: become a doctor, lawyer, or engineer. She obtained a BS in Mechanical Engineering from The University of Pennsylvania and MS in Computer Information Systems from City University of New York. Angella began a 30-yr career at Fortune 500 Tech giants, with her rebel spirit unfazed.

As one of a handful of Black leaders and a servant leader at heart, Angella became known as a disruptor of norms with her inclusive systems designs, exceptional strengths-focused teams, and motivating others with compelling and audacious goals.

Angella is particularly gifted to inspire others to do things that they didn't think possible by the way in which she sets a personal example. She removes any of the apparent 'sophistication' that may be preventing others from believing that they too could succeed. She literally shows people a path to success.

She produces and co-hosts *Black Boomer Besties from Brooklyn*, a podcast that advocates for authentic living as older, wiser women, with her best friend of 46 years, Dr. Leslie Osei-Tutu.

Speaker Topics

1

Transitioning from a Corporate Career:

“Don’t Worry, Sis—Your Gifts Go With You!”

In our society, one of the first questions posed in a gathering of new faces is “So, what do you do?” To my surprise, when I left my career in IT after 30 years, anticipating that question gave me some angst. My titles had been badges of honor. You may be wondering “Who am I now” or “Who will I be without them”? I’m here to tell you that your God-given gifts, grit, and greatness that brought you success in your career are still yours. Your best isn’t behind, it’s ahead of you.

In this passionate, relatable and profound keynote, Angella levels with the audience to truly unpack the breadth of falling back in love with our humanity and the true meaning of “self,” beyond the confines of our workplace identities.

2

3 Things The Clitoris Taught Me About Finding Joy...

And It’s Not What You Think

You might find this shocking, but it may make you angry too. The clitoris is not a little secret nub. That tip is the end of a beautifully elegant internal organ that’s about 4 inches long and 2 inches at its widest. This unique part of the female body wasn’t formally studied, understood, or widely taught by the medical community until 2010! Its singular purpose is pleasure. Remove the sexual aspects and what rings true: I was designed to have pleasure. That was a game-changer for me as I considered: In what other ways am I wonderfully made yet wrongfully taught to hold shame? What else didn’t I know that I thought I did? How must I challenge old assumptions?

In the answers, I found lasting joy and so can you. This raw and real keynote will empower women of all ages to reclaim their pleasure and release the shame the world has tricked us into carrying for so long.

Speaker Topics Cont.

3

The Embodied Legacy of Black Hair

I discovered a statistic the other day that shocked me. The overturn of Roe has created a groundswell of outrage in support of reproductive rights, and rightfully so. But did you know in America, more than twice as many states allow reproductive choice (25) than allow Black folks to freely wear natural & protective styles to work (10)?

This is more than a data point to me.

I was 21 and fresh out of college when I was fired for wearing braids to work. My confident response led to a deepened desire for understanding of the lineage of Black hair culture as a tangible and unbroken link connecting the diaspora to its African roots, to our royalty.



Angella Fraser (she/her) is a Joy Strategist! She believes we have to get serious about prioritizing joy and challenging the idea that joy has to wait, is less valuable than money (as if the two are mutually exclusive,) and is reserved for the few. None of that is true!

She'll strategize to help you put joy in its rightful, divine place in your life; first! Angella is available for keynote presentations, workshops, media interviews, and spokesperson opportunities. Her range of diverse experiences and drive for exposing profound truths create immediate new possibilities for audiences worldwide.

Schedule an interview or meeting, or book her on your stage today!

NOTABLE PRESS

[Huffpost](#)

[ABC News](#)

[WRAL.com](#)

["Advance Diversity Tech"](#)

["Can Black Hair Market be a New Greenfield for Blacks in Tech?"](#)

[I'm Black in Tech Honoree](#)

[Someone's Thunder Podcast](#)

A woman with voluminous, curly, reddish-brown hair is sitting in a brown leather armchair. She is smiling and looking towards the camera. She is wearing a dark denim jacket over a colorful, floral-patterned top. Her hands are resting on her lap, and she is wearing several rings. The background is a bright, white interior space with a window on the left showing a city view. An orange semi-transparent banner is at the bottom of the image, containing contact information.

Get In Touch

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