

**ADAKU MBAGWU**

# *EXECUTIVE BIO*

## **50-WORD VERSION (Social Media, Event Listings)**

Adaku Mbagwu is founder of HEAL and transformational coach for high-achieving first-born daughters ready to unlock exponential success without sacrificing peace or joy. After overcoming depression, suicide attempts, and homelessness, she built a 7-figure recruitment business. Her clients achieve results like growing companies from \$160K to \$800K+ through Strategic Vulnerability™.

## **100-WORD VERSION (Press Releases, Speaker Introductions)**

Adaku Mbagwu is founder of HEAL and transformational coach specializing in high-achieving first-born daughters who want to break free from burnout and unlock exponential success. As the eldest of six siblings, she understands the weight of being "the strong one." After overcoming depression, suicide attempts, and brief homelessness in her twenties, she discovered her biggest obstacle wasn't circumstances - it was limiting beliefs. She rebuilt her life intentionally and created a 7-figure recruitment business. Through her Strategic Vulnerability™ method and HEAL membership community, her clients achieve transformational results including 400%+ revenue growth while reducing stress and reclaiming personal freedom.

ADAKU MBAGWU

# EXECUTIVE BIO

## 250-WORD VERSION (Media Kits, Detailed Profiles)

Adaku Mbagwu is founder of HEAL and transformational coach for high-achieving first-born daughters who are ready to break free from burnout and unlock exponential success – without sacrificing their peace, relationships, or joy.

As the eldest of six siblings, Adaku knows firsthand the unique pressures that come with being designated "the strong one" from childhood. The weight of responsibility and sacrifice that defined her role as first-born daughter ultimately led to a breakdown in her early twenties, where she faced depression, failed suicide attempts, and even brief periods of homelessness.

During this dark period, Adaku made a life-changing discovery: her biggest obstacle wasn't her circumstances – it was her limiting beliefs. This revelation became the foundation for her complete transformation. She rebuilt everything with intentionality, cultivating healthy relationships, achieving a sound mind, and ultimately creating a successful 7-figure recruitment business.

Now, through her Strategic Vulnerability™ method and HEAL membership community – serving high-level first-born daughters through weekly coaching calls, monthly training, and a private support network – Adaku guides ambitious women through their own breakthroughs.

ADAKU MBAGWU

# EXECUTIVE BIO

Her clients achieve remarkable results: companies growing from \$160K to over \$800K, professionals reaching the most senior and highest-paid positions of their careers, and leaders experiencing life-changing freedom they never thought possible.

Her work specifically addresses the "eldest daughter syndrome" that drives chronic people-pleasing, perfectionism, and approval addiction among high-performing women. Adaku's philosophy challenges conventional success narratives: rather than achieving at the cost of well-being, she believes success should be the result of it.

**You're more powerful than you know - and your breakthrough is closer than you think.**

heal  
You're more powerful than you know.