



ALL-IN-ONE MEDIA KIT

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# 1heal

HELPING ENTREPRENEURS

ACHIEVE LIMITLESSNESS

REACH THE PILLARS OF SUCCESS

HELPING

ENTREPRENEURS

ACHIEVE

LIMITLESSNESS



# ADAKU MBAGWU

Transformational Coach • Mentor • Founder of HEAL

Adaku Mbagwu is a transformational coach and founder of HEAL, a thriving membership community designed for high-achieving first-born daughters. She helps women leaders overcome burnout, perfectionism, and people-pleasing so they can achieve exponential success without sacrificing their peace, relationships, or joy.

As the eldest of six siblings, Adaku shouldered immense responsibility from a young age. The pressure to be “the strong one” eventually led to depression, failed suicide attempts, and even brief homelessness in her early 20s. But instead of letting that story define her, Adaku rebuilt her life from the ground up – cultivating a sound mind, healthy relationships, and a 7-figure recruitment business.

Now, she empowers other first-born daughters to step out of survival mode and into sustainable success. Adaku’s work blends lived experience with transformational practices, offering women a roadmap to redefine success on their own terms.

## SUGGESTED INTRODUCTION

Joining us today is Adaku Mbagwu, a transformational coach and the founder of HEAL, a membership community for high-achieving first-born daughters. Drawing from her personal journey of overcoming burnout and depression to building a 7-figure business, Adaku now helps ambitious women unlock success without sacrificing joy, peace, or relationships. With her powerful story and practical wisdom, she inspires women to embrace vulnerability, rewrite their identity, and lead with authenticity.

## SIGNATURE TOPICS

- ✓ **The First-Born Daughter Syndrome** – why eldest daughters are more prone to burnout and self-sacrifice.
- ✓ **Redefining Success** – shifting from “achieving to be enough” to “succeeding from wholeness.”
- ✓ **Heal through Vulnerability** – how vulnerability becomes the gateway to authentic leadership.
- ✓ **Breaking the Burnout Cycle** – practical tools for ambitious women to thrive without self-abandonment.

## WISDOM POINTS

- **Authenticity** – True leadership requires vulnerability and transparency.
- **Identity** – Your worth isn’t tied to achievement or responsibility.
- **Healing** – Sustainable success flows when you repair the relationship with yourself and your relationships.
- **Courage** – Facing your fears and living in integrity to your word.
- **Legacy** – Breaking generational cycles so success can be joyful, not burdensome.

**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.



## SOUNDBITES & QUOTES

# IN ADAKU'S WORDS:

*"I always say that emotions are a gift from God that are telling us when we're in or out of alignment to our higher selves, and If we are experiencing low vibrational emotions, we're anticipating fear and a lot of time, that's data for us to look look at."*

*"The acknowledgement starts from you. You lead with what you think you want and deserve, and the world will reflect that to you".*

*"If vulnerability requires you to be courageous, then surely it's strength."*

*"The problem lies within you. It's how you show up, it's the decisions you make and the beliefs you have. So, in order to break those patterns, you really need to do that inner work, not in a fluffy woo woo way, in a tangible way that requires you to look at what you are responsible for?"*

*"There's some research that's starting to come out on eldest daughter syndrome. And what I've seen is that every firstborn daughter, whether you're the only girl, the youngest of four boys or the eldest daughter, all firstborn daughters seem to take on that burden of responsibility."*



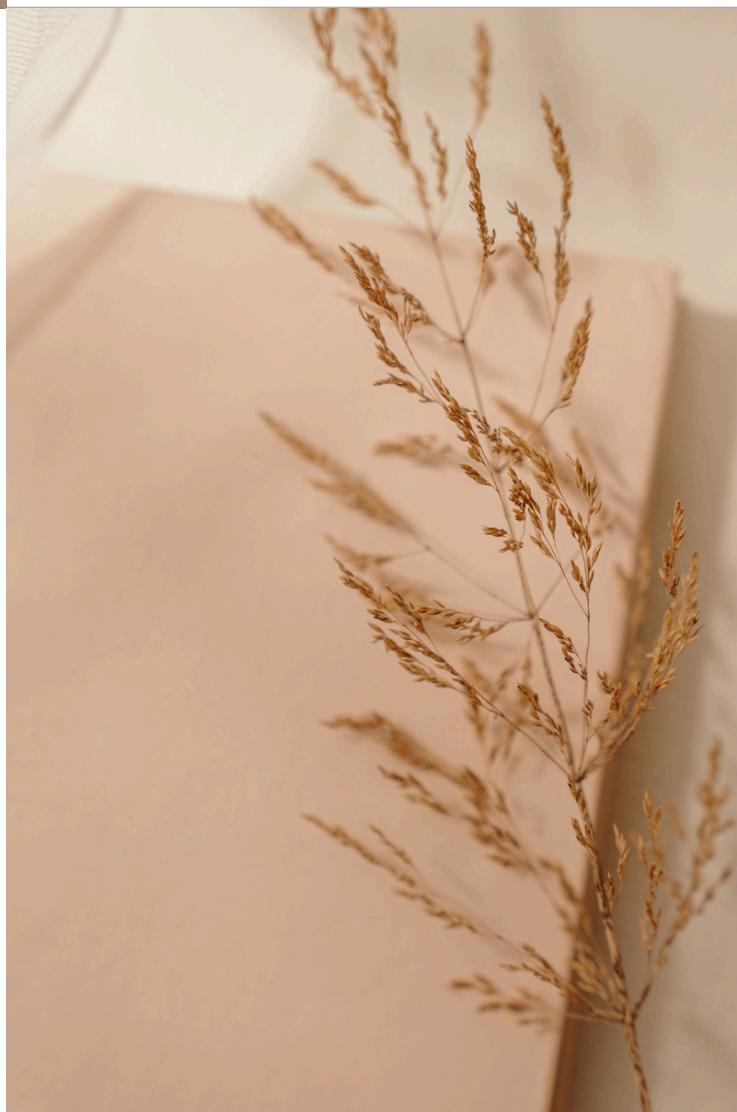


*"I think being the eldest daughter of seven children came with a lot of responsibility early on. I was conditioned to always think about how my decisions were influencing, or impacting my siblings, this created a sense of responsibility. And when you have that much responsibility from a young age, it makes you a little bit serious. You're constantly thinking about the what ifs instead of what now, you know?"*

*"Power to me is being able to operate from love regardless of what's happening in my external circumstances. Not being disempowered by things not going my way or unexpected circumstances."*

*"95% of everything we do is subconscious. So, a lot of us, especially firstborn daughters, think that we're in control of our lives. We think that we are dictating how we want things to go. In reality, we're only in control 5% of the time. The other 95% subconscious is running automatically, and 70 to 80% of that is from limiting beliefs, so painful experiences that we've had."*

*"Achievement becomes a survival mechanism. If I'm not achieving, I'm failing. If I'm failing, I'm not going to be loved. If I'm not loved, I'm going to be alone. So then it becomes this kind of push at all costs, whether it's my health, whether it's my wellbeing, whether it's relationships. A lot of the time, it's just push, push, push, push."*



# RESOURCES



## PROFESSIONAL HEADSHOTS

*(Click to open the folders via the URL.)*

[Download Professional portraits of Adaku](#) - for print and digital use.



## LOGO PACK

*(Click to open the folders via the URL.)*

[Download Full logo collection](#) - ready for any media application.





# Let's Connect

For interviews, speaking engagements, or media collaboration, reach out to Adaku's team.

Email: [info@healedhero.com](mailto:info@healedhero.com)

Katherine Fleischman (Publicist): [kathfleisch@gmail.com](mailto:kathfleisch@gmail.com)

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