



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.