

Short Bio:

“Les-lee Wo-kay”

Dr. Leslie Nwoke is a physician, life relaunch strategist, and the founder of HeartWork EQ. She has a robust background in medicine, learning and development, and public health and has used this to create unique wellness experiences to help women increase productivity, emotional intelligence skills, and design a life they love.

Her training approach is Spirit led and science backed and believes studying the Word and the brain breaks every chain. She has an affinity for working with unique situations including navigating professional failures, intercultural relationship issues, highly sensitive persons, and emotional dysregulation in high performing women with ADHD.

Dr. Nwoke believes our ability to make impact on others begins with emotional recovery and mastering our mindsets. She believes heartwork is the first step to help you get there.

Other than her love for all things EQ, she loves a good slice of chocolate mousse cake, every album by Celine Dion, and her husband and 3 kids.

Long Bio:

“Les-lee Wo-kay”

At the core of Dr. Leslie Nwoke is her belief that achieving one's divine purpose must begin with confronting one's difficult emotions and life experiences. She believes when people get curious about their emotions, therein opens a path for personal satisfaction, rich relationships, and meaningful work. She coined the term heartwork to teach patients and colleagues that emotional work was a necessary and intentional action towards their own inner healing. Over the past few years, she's taught the heartwork approach on online platforms and conference stages, reaching thousands of people with her message. She is the creator of the personal development platform, HeartWork Now, which offers courses and resources on emotional management that will launch in Spring 2017. Her desire to help people fulfill their purpose started long before she was a physician. In 2010, she co-founded a nonprofit to provide rehabilitation and mentorship to girls who had experienced trauma or abuse. The organization was later called The Ruby Project, and to date has reached young women across the nation. She also co-founded, Making Noise Inc.,

an art and advocacy organization highlighting African social justice issues. She later worked with organizations in Italy and Ethiopia, providing health education and rehabilitation programs for tracking survivors. From both experiences, she learned that when you give of your time and knowledge, you can change people's lives and help them fulfill their own life callings.

Dr. Nwoke is a necessary voice for this generation. She has spoken to diverse audiences, sharing her message of heartwork and social justice. Her audiences include the National Medical Association, The Influence Network, and the DC Mayors Office on African Affairs. She was selected as a 2017 StartingBloc Social Innovations Fellow, joining a premier group of leaders and innovators. Omo Naija Magazine, honored her as one of their "Top 14 Women Making a Difference" in 2014. The Sun News, one of the largest newspapers in Lagos, Nigeria, recognized her as "The Woman of the Week". She was crowned as Miss Nigeria in America in 2004 and later given the "Woman of Excellence Award" by the same organization in 2009. She is inspired by Proverbs 31:8- "Speak up for those who cannot speak for themselves..." She does this both for those who cannot express emotional pain or have faced social injustices. Dr. Nwoke received her Doctor of Medicine (M.D.) from Ross University School of Medicine, her Master in Public Health with a concentration in global health promotion from George Washington University, and her Bachelor of Science in biology from Spelman College. Other than her love for all things emotions and social justice, she is in love with her husband and their three children, loves tiramisu, and is a diehard fan of Celine Dion and Emeli Sande.