

## **2023 SANDRA DUBOSE BIO**

### **Women's Empowerment Specialist/ John C. Maxwell Leadership & Personal Development Coach/ Diversity, Equity & Inclusion Speaker/ Performing Artist**

Sandra DuBose is a Renaissance Woman affectionately known as the Bald Beauty Queen, but despite the confident way in which she wears it, she is NOT bald by choice. At the age of twenty-five, Sandra began her journey with the incurable autoimmune disease, Alopecia Areata. Within three years, she had permanently lost all the hair on her scalp and body. This traumatic experience initially caused her to live with feelings of low self-esteem and depression. Sandra initially hid her baldness underneath a wig for years; however, through much soul-searching, spiritual growth, mental fortitude and by using the foundation of principles she teaches as a Certified John C. Maxwell Leadership and Personal Development Coach, she reclaimed her confidence and turned that pain into a source of power. Today, Sandra uses her voice and artistry to advocate for autoimmune disease awareness and to promote women's empowerment. She equips others with the tools to embrace change and build the courage to be their authentic self regardless of the challenges. Sandra shifted her life experience from being a victim, to being victory personified and has authored the life changing book, "My Crown and Glory, It's Not about the Hair; Six Fundamental Principles to Heal Emotional Wounds and Build Healthy Self-Esteem."

In 2011, Sandra DuBose made North Carolina history when she competed bald in a statewide beauty pageant and was crowned – Mrs. Black North Carolina. Sandra became a local hero – and a role model for women (and men) of all ages. Through her leadership within the community, she has become a recipient of numerous awards, and has been featured on NBC, UNC-TV, PBS, Radio One, Essence, FOX 8 News and several other media outlets.

In addition to using her voice to empower others, this native New Yorker is a professional vocalist and actor with charisma, stage presence, wit and an impromptu style of humor that leaves audiences feeling as though they just spent time with a good friend. Throughout her career, she has performed in several musical theatre productions and graced the stage with notable artists such as El DeBarge, Tony Terry, and Edwin Hawkins. Sandra inspires, empowers, and entertains in equal measure. Where mere words may fail, her music speaks.

#### **Sandra's Signature Messages:**

- Self-Confidence; The Master Key to Success in Life
- 15 Invaluable Laws of Personal Growth (Leadership)
- Sharing Our Similarities, Celebrating Our Differences (DEI in the Workplace)
- Your Crown, Your Glory, Rewrite Your Story (Alopecia Areata Awareness)
- This Girl is on F.I.R.E. (Teen Empowerment)
- Reimagining Happily Ever After; What to do when "I Do," Did NOT (Life after Divorce)