A SIGNATURE TRANSFORMATIONAL LEARNING EXPERIENCE PRESENTED BY SHE JOURNEYS IN PURPLE™

The Conscious *One*™ Experience

Turning adversity into leadership — for students, staff & community

BREAKING CYCLES | BUILDING LEGACY

Dr. Donna Bell

CREATOR, THE CONSCIOUS ONE™ · AUTHOR · SPEAKER · FACILITATOR

PRESENTED THROUGH
SHE JOURNEYS IN PURPLE™

DELIVERED BY
INTEGURA CLARITY GROUP

> *Born from Dr. Donna Bell's book, The Conscious One: Breaking Cycles, Building Legacy, The Conscious One™ Experience is a transformational learning program presented through She Journeys in Purple™. Through customized facilitation, it strengthens individuals, empowers youth, develops leaders, and supports healthier schools, families, organizations, and communities.*

DESIGNED FOR	ENGAGEMENT	OUTCOMES
Who it's for	**How we show up**	**What people gain**
• Middle & high schools (grades 8–12) • Colleges & universities	• Student assemblies • Youth leadership experiences	• Confidence & resilience • Stronger communication & leadership
• Youth & community organizations • Nonprofit agencies • Family & parent programs • Workforce development programs	• Professional development • Parent & family workshops • Leadership retreats • Conference sessions	• Healthier decision-making • Personal responsibility • Stronger relationships • Purposeful navigation of challenges • Healthier school, team & community culture

"You are not what broke you. You are who God is building."

The core message of The Conscious One™, carried into every room it enters.

Start the conversation

Every engagement is fully customized to your organization's goals, audience, and timeline. Reach out to explore how The Conscious One™ Experience can support your school, organization, or community — no matter how you found us.

SCHOOL IMPROVEMENT | STUDENT LEADERSHIP | CULTURE & CHARACTER | YOUTH SUMMITS | FAMILY EVENTS

BOOK THE EXPERIENCE

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Dr. Donna Bell

FOUNDER, SHE JOURNEYS IN PURPLE™
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ABOUT THE FACILITATOR

Meet Dr. Donna Bell

Dr. Donna Bell is an author, speaker, and facilitator whose work centers on identity, healing, and generational legacy. She is the founder of She Journeys in Purple™, an initiative rooted in Proverbs 31:25 that equips women, mothers, and teenage girls to disrupt inherited life challenges, strengthen identity, and build legacy.

Her book, *The Conscious One: Breaking Cycles, Building Legacy*, became the foundation for The Conscious One™ Experience — a signature facilitation that merges storytelling, strategy, and reflection to bring the book's principles into schools, organizations, and communities, helping individuals move from survival to significance.

> *"This movement is not about me. It is about us — people who have walked through adversity, who are still walking, and who are ready to walk into something more powerful than survival."*

CREDENTIALS & BACKGROUND

- Founder & Principal Consultant, Integura Clarity Group
- Founder, She Journeys in Purple™
- Author, *The Conscious One: Breaking Cycles, Building Legacy*
- Creator & Facilitator, The Conscious One™ Experience
- Speaker for schools, conferences & community organizations