

Dr. Rhonda

M. WOOD

INTERNATIONAL KEYNOTER
MENTAL HEALTH EXPERT, AUTHOR, & ADVOCATE

*"Be grateful for where you are, and excited about where you are going."
- Dr. Rhonda M. Wood*



Recognized as one of the most prominent voices for mental health advocacy, Dr. Rhonda M. Wood is an award-winning international keynote, bestselling author, and a leading authority on mental health. Leveraging over 30 years of corporate experience, Rhonda impacts audiences with her mission to normalize and destigmatize mental health conversations. She trains individuals and corporations worldwide to eradicate mental health stigmas and adopt compassion, awareness, and acceptance.

Rhonda's extensive expertise had earned her invitations to speak on major corporate stages across the country. She has delivered dynamic live and virtual keynote speeches for large international audiences, including Shawn Fair's Leadership Experience Tour, Cheryl Wood's SpeakerCon, Northwestern Mutual "Leading the Way" Conference, Trevor Otts's Secrets of Champions Summit, Che Brown's Comeback Champion Summit, and the Women's R.I.S.E. Conference in Paris, France to name a few.

Rhonda is a compelling thought leader and motivational speaker dedicated to supporting people's personal and professional empowerment worldwide. In line with her unyielding passion for helping others succeed, Rhonda founded RMW Enterprises, a global movement that focuses on Helping Women Win from Within.™ She specializes in helping women reclaim their inner power, make peace with their past, and prosper in their purpose so that they are empowered to reach their highest potential, personally and professionally.

Rhonda uses her unique voice and talents to serve women from the classroom to the boardroom and beyond. She unapologetically shares her mental health journey with a level of transparency that allows her voice to resonate in the hearts of women around the world who are inspired by her bold approach to life.


In a world where women are expected to stay silent about mental health issues, Rhonda chooses to speak up and shine light and awareness on matters that have remained in the shadows. She has developed a deep-rooted passion for helping women reset their value, renew their vision, restore their vocation, and rediscover their voice.



As an influential figure, she is the author of a soon-to-be-released book, *Truths, Traumas, and Triumphs!* which guides readers from brokenness to breakthroughs so that they are inspired to step out of secrets, silence, shame, and stigma to stand in their truth and embrace their divine destiny. She is also co-author of the #1 bestseller *Unleashing Your Undeniable Impact* alongside legendary powerhouse speaker Les Brown.

Recognized as a well-known fixture in her community, Rhonda has a passion for mental health advocacy and a mission to eradicate related stigmas and work alongside decision-makers on improving the mental health system. She is a leading authority who works tirelessly to raise mental health awareness and is an active member, volunteer, and presenter with the National Alliance on Mental Illness in Prince George's County. She currently serves as a parent advocate for transitional age youth as part of the Prince George's County Health Department System of Care. She is the founder of several programs, including "Laugh, Cry, Heal," "Heal Out Loud," and "Win from Within," designed to help people heal emotional wounds and traumas to become happy, healthy, and whole.

Rhonda was awarded an Honorary Doctorate Degree of Philosophy in Entrepreneurship & Business Administration by Trinity International University of Ambassadors School of Business Honors Program in recognition of being a successful leader in business and her work with mental health advocacy and women's empowerment. She also received the United Nations Global Women of Distinction Award for her lifelong commitment to building a strong global reach of service to the world. Rhonda has also been recognized as a 2022 Top 100 Influential Women in Business, 2021 Woman of Inspiration, a 2021 Top 25 Most Inspiring Woman, a 2021 Top 50 Unstoppable Innovator, and a 2020 National Top Influencer for her leadership, commitment, and contributions to her community and the next generation. Her work has been featured on prominent media platforms such as ABC, NBC, FOX, CBS, talk shows, radio, podcasts, newspapers, magazines, and more.

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