Denawa Deniece

Full Spectrum Doula + Holistic Lifecycle Educator · Charlotte, NC

I tell the truth. I make people feel seen. They walk away with the map.



ABOUT DENAWA

Denawa was 22 when she labored mostly alone, got talked at instead of to + ended in an emergency C-section with no one advocating for her. She became the support she never had. Since 2020 she has walked with more than 200 birth families across Charlotte, worked as a community-based doula on a UNC Chapel Hill maternal health study + built Double Dose Wellness so women can understand their bodies from first period through menopause.

Warm enough to sit on the porch with. Clear enough to have read the research.

SIGNATURE TALKS

- **The Four Transitions** *(signature)* · Cycle, birth, postpartum + midlife are one connected story. Every woman in the room leaves understanding her body better than when she walked in, + every man leaves understanding the women in his life.
- **Lifestyle Medicine is Liberation** · What kills us in delivery starts upstream: hypertension, fibroids, autoimmune. Lifestyle medicine for Black women, before the crisis instead of after it.
- **Everyone Isn't Your Client** · The business of care. What it costs a Black woman founder to serve everyone, why your gut no is information, + how a clear who protects your vision, your rates + your body.

Also available: The Fourth Trimester Is a System Failure · Being Talked At vs. Talked To · Community-Rooted Care as Infrastructure · Nobody Preps You for 45

Every talk works as a keynote, panel, workshop or retreat session.

WHAT AUDIENCES WALK AWAY WITH

- Language for what they've been feeling but couldn't name
- A clearer map of their own body across the lifecycle
- Practical tools they can use, not wellness platitudes
- The feeling that someone finally told them the whole truth

Or as my clients put it: she got me together.

CREDENTIALS

- 200+ birth families since 2020
- DONA certified doula · Novant verified
- Community-based doula + recruitment consultant, ACURE4Moms study, UNC Chapel Hill
- Chair, Mecklenburg Women's Advisory Board
- Treasurer, NC Doula Association

WHERE I'VE SHOWN UP

- The Ancestral Continuum (Dec 2026)
- Carolina Complete Health, workshop series
- Winthrop University, Black Maternal Health panel
- LCCNC Minority Mental Health Symposium
- Soulcation · Black Oasis Wellness Festival
- Podcasts: Curbside Counselor, Rest Awhile, Studio6 Global, OnlyMoms
- Print: Charlotte Magazine, VoyageRaleigh, Brainz

FORMATS

30 or 60 min keynote · 90 min talk + workshop · half-day intensive · panels · retreats · in person or virtual

Book: doubledosewellness.com/speaking · hello@doubledosewellness.com · @denawadeniece