



MEDIA KIT



JOY WHITE

LAWYER, SPEAKER, & REINVENTION COACH



  
*Joy White*

## FULL BIO

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Joy White is a charismatic, multi-hyphenate powerhouse attorney and reinvention coach. Joy has built a life and career to be rivaled as an esteemed corporate employment attorney, a once General Counsel at the prestigious Morehouse College, and the now Managing Partner at her own law firm, The White Legal Group.

In addition to nearly two decades of practicing law at some of the most prestigious law firms in the country, including King & Spalding LLP in Atlanta, Joy is also a certified transformational reinvention coach. As the founder and CEO of Flawed Masterpiece® Joy is the sole creator of the six-phase F.L.A.W.E.D journey of inner awakening and self-discovery.

During her tenure at Morehouse, Joy was an integral part of reshaping the Title IX policy work around campus sexual assault. Being able to affect impactful and lasting change in decision-making and policy is an accomplishment she counts as one of her proudest. Joy was raised by a single mother and experienced many personal traumas as a survivor of sexual and domestic violence. Finding resources to overcome her traumas is what led Joy to create Flawed Masterpiece®. The consultancy focuses on helping other Black women with their personal development, wellness, and self-care.

White knows firsthand that until past traumas are confronted in a meaningful way, career milestones will feel empty. White has seamlessly forged a unique path where her entrepreneurial work and legal work intersect and inform each other in powerful and curious ways.

Joy is the recipient of numerous awards, including Top 100 Women of Influence, Who's Who in Black Atlanta, Atlanta Business Chronicle's 40 under 40, National Black Lawyers Top 100, and Fortune Magazine's Women Leaders in the Law.

In addition to being an employment attorney, White is a highly sought-after keynote speaker, award-winning filmmaker, serial entrepreneur, and non-profit board member.

Joy is the producer of a short film about her own life titled 'Finding Joy in the Journey: A Flawed Masterpiece', which is an Official Selection for the 18th Annual Atlanta International Documentary Film Festival. Joy holds a B.A. in English Literature from the illustrious HBCU Spelman College, and her J.D. from Vanderbilt University Law School.



# Speaking & Media

[Check Out Joy's Reel Here](#)



**FLAWEDMASTERPIECE.COM**  
**NBC 3 Las Vegas**



**Hello Iowa NBC 13**



**REVOLT Black News**



**REVOLT Black News**



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**YOU Better! Podcast**



**Breaking Barriers, Building a Hire Ground Podcast**



**Boss Uncaged Podcast**



**Let Me Tell You a Story About a Girl Just Like You Keynote**



**HBCU 2018 National Pre-Law Summit Keynote**


# Joy's Writing

**4 WAYS FOR BLACK WOMEN TO DITCH 'SUPERWOMAN SYNDROME'**  
 Joy White | April 13, 2023 | 533



The pressure of being a "Superwoman" is a real and problematic issue affecting Black women today. The expectation for Black women to be responsible for their families, community, households, and jobs often leads to burnout and neglect of their mental and physical well-being. Last month during Women's History Month, we all spent time celebrating our accolades and accomplishments. However, I think it's just as important to do what we can collectively to challenge the status quo that places so much emphasis on status and outward success.

**How Post-Traumatic Growth Helped Me Heal Following Sexual Assault**  
 by Joy White | 28 Apr 2023 | 6 min read



**A** girl is Sexual Assault Awareness and Prevention Month, and although it's coming to a close, it provides an important time to discuss ways to prevent assault, but also a time to offer hope and resources to those who have experienced sexual trauma. As a survivor myself, I created a community called *Flourish Mindfulness* focused on helping other Black women with their personal development, wellness, and self-care.

According to the Rape Abuse & Incest National Network (RAINN), the nation's largest anti-sexual violence organization, every 68 seconds someone is raped, sexually abused, and harassed, and approximately one million women are raped, sexually abused, and harassed annually. This is a staggering number, and it's important to understand the signs and symptoms of sexual trauma and how to seek help.

During my healing journey, a concept I've become aware of is post-traumatic growth. It is a term used to describe positive psychological changes that can occur as a result of traumatic events. Post-traumatic growth has been gaining traction in recent years. People are beginning to understand the power of resilience and the potential for positive change after experiencing trauma.

First identified in the mid-1990s by the psychologists Richard Tedeschi and Lawrence Calhoun, post-traumatic growth is when a person experiences positive changes resulting from a major life crisis. According to an article published by Dr. Tedeschi in the *Journal of Business Research*, "negative experiences can open positive change, including a reevaluation of personal strength, the realization of new possibilities, improved relationships, a greater appreciation for life, and spiritual growth."

Importantly, post-traumatic growth goes beyond resilience; by actively searching for a goal in something terrible, a trauma survivor can proactively seek adversity as a catalyst for achieving to a higher level of psychological functioning.

As a survivor of domestic violence and multiple sexual assaults, I have first-hand the long-lasting mental and emotional scars that result from experiencing repeated trauma. Being brutally raped by someone that after felt so loving made me function and struggling to maintain healthy relationships I know we're never beyond that level when it's not that far from that.

**The Case for More Self-Love in the Legal Profession**  
 Self-care isn't a luxury. You can't be present if you aren't willing to love yourself.  
 BY JOY WHITE



"Loving yourself" isn't really "so simple," starting here.

These days, everyone likes "self-love" and "self-care" around about 2020 and 2021 and 2022 and 2023 and 2024. While these words are making their way into our lexicon, many attorneys struggle to understand what they mean. Unfortunately, many attorneys struggle to realize that they can't love their work or anyone else until they love themselves. From understanding self-love, wellness, without codependency, without burnout, without guilt, without shame, without fear, without anxiety, without depression, without stress, the self-love journey isn't easy. It's the self-love journey that is the foundation of everything you can be. You can't be a lawyer until you love yourself. You can't be a leader until you love yourself. You can't be a partner until you love yourself. You can't be a parent until you love yourself. You can't be a friend until you love yourself. You can't be a professional until you love yourself. You can't be a person until you love yourself.

**What is Self-Love?**  
 Self-love is about recognizing and being grateful for who you are while recognizing your own needs and behaviors. It's the act of loving and respecting yourself. The act of loving and respecting yourself is the act of loving and respecting yourself. The act of loving and respecting yourself is the act of loving and respecting yourself.

- You are your own worst critic.
- The judge inside your head is the one you judge others.




# Written Features

**Joy White - Morehouse College**  
 Writing her own story


There were times when it all felt overwhelming, like the weight of the world was bearing down a million tons at a time. Here she was, an African American woman about to be a single mother, trying to complete her summer associate position while the first year of law school—a white, male-dominated field—loomed on the horizon.

As Joy White reflects back on the honor and figurative trials that marked her early career, blessed with two growing boys and a job she loves, she admits those moments of doubt were inevitable. But not succeeding? That was never an option.



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"Being a young African American woman in a profession where most people don't look like you, while expecting a child and not knowing what the impact would be—it was a lot to navigate," White reflects. "But resilience is something that always had and I'm glad I have."

Two weeks after giving birth to her first son, White returned to Vanderbilt University Law School, where she earned her JD the following spring. From there it was back to King & Spalding LLP, the firm that had supported her during the most difficult year of her life. Five years later, White started her own practice.

**Life & Work with Joy White**



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**JOY WHITE**  
 Featured by CORE Magazine | Feb 21, 2022 | 2022 CORE 100 | 6 min




Joy White is a certified mindset and wellness coach for Black women, transformational business speaker, successful entrepreneur, legal and social entrepreneur with almost two decades of experience spanning the C-suite, higher education administration, non-profit board service, international law firms, and small businesses.

As the trusted legal advisor at College President, Board of Directors, and executive leadership teams, she has partnered with business teams, growing, cost-effective and ambitious legal counsel and the experience and achieving outstanding results across a broad range of the entrepreneurial multi-faceted, Joy White™ is the Founder and CEO of "Flourish Mindfulness," an all-in-one award-winning destination, employment screening, certified transformational mindset coach, business speaker, social entrepreneur, non-profit board member, and former Vice President and General Counsel of Morehouse College.

Despite White's many accomplishments, her often-journey remains honest and open. It's a journey of physical and mental wellness. She has had the journey to leading which is what inspired her to launch "Flourish Mindfulness" to empower all women—particularly Black women and single mothers—to gain their own goals. Joy White™ offers a variety of wellness products and coaching services. Specifically, White offers custom one-on-one mindset coaching, intensive group coaching, and mastermind programs. Each and every team in the "Flourish Mindfulness" work is intentional and designed to empower White's customers and clients to achieve individual self-acceptance and long-term transformation.

With over 17 years of legal experience, most recently as the President of Legal Affairs, General Counsel, Chief Compliance Officer, and College Secretary at Morehouse College, White has a particular interest and expertise working with Black women, attorneys, physicians, career educators, and entrepreneurs. White intends to help them actively manage the mental, wellness, and professional roadblocks unique to Black women working in male-dominated professions and industries. Having traversed the rewarding yet tumultuous terrain of the legal profession, higher education administration, and entrepreneurship, the steps, signs and insights of personal and professional experience, unlearned at the master and executive coaching level.

**VANGUARD**



JOY WHITE | Vice President of Legal Affairs, General Counsel, and College Secretary

**MOREHOUSE COLLEGE**





# F.L.A.W.E.D

# MASTERPIECE



Click Below To Learn More



Founded in 2021 by award-winning attorney and filmmaker Joy White®, Flawed Masterpiece® is a personal development, urban wellness and lifestyle brand. But more than just a brand, it's really a movement. Joy wanted to inspire Black women, women of color, and single mothers to live courageously and unapologetically in their truth by providing a carefully curated full sensory immersion into art, dance, music, meditation, travel, wellness merchandise, and transformational wellness and self-care retreats and workshops.

FUCK THAT LET THAT SHIT GO ACCEPT REALITY WOOSAH EMBRACE HEALING DOPE AF®



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2023

A FILM BY JOY WHITE

# FINDING JOY

IN THE JOURNEY

[WATCH HERE](#)





## ENDORSEMENTS

“

Joy's authenticity and passion as she engages with others is infectious. She consistently exhibits a high level of engagement, transparency, and thoughtful connection with others as she inspires individuals to engage in necessary introspection, tap into their own power and walk in their own purpose. Joy's strength, vulnerability and leadership was on full display when she served as a powerful speaker and moderator for a session on the critical importance of self-care, mental health, self-awareness, and the power of sisterhood in the legal profession for our attorney members. I am truly thankful for Joy, her servant leadership and her commitment to helping others tap into their full potential."

—  
**Shiriki Jones**

**2022 President of the Georgia Association of Black Women Attorneys (GABWA)**

“

Joy White is a mindful and strategic disrupter of the status quo. Her audacious approach to healing trauma wounds, radical mindset transformation and unapologetic authentic living is a necessary shock to the core of what keeps women bound to generational curses. I have had the honor of collaborating with and hosting Joy as a keynote presenter on numerous projects. Joy is a catalyst to growth leaving a lasting impact in the lives of women seeking breakthrough beyond a moment."

—  
**Tonya Fewell**

**SHE Conference Organizer**

“

Joy's impactful and award-winning short documentary which she presented and commented on during the recent Wellness is the New Normal CLE powerfully and bravely communicated the message that attorney wellbeing is important not only for attorneys and their families but also for all those who interact with the legal system in any way."

—  
**Michelle LeGault**  
**Attorney**

 Joy White



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