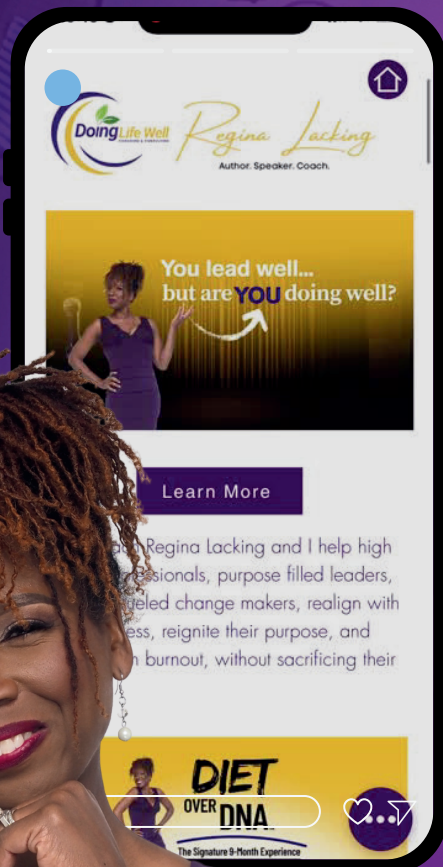


YOU LEAD WELL BUT
ARE YOU DOING WELL?

DOING LIFE WELL WITH COACH

Regina Lacking

The Signature Transformative
Coaching Program



DIET OVER DNA™



1:1 or Group
Coaching Available

Let me teach you how to

**PUT YOUR
CONDITION IN**
Remission



AUTHOR - SPEAKER - THE PLANT BASE BAWSE

PAST SPEAKING ENGAGEMENTS

- Lookin' To the Future, Presenter 2009
- New Jerusalem Church 2000-2019-Fall Workshop Presenter
- Mississippi Department of Mental Health-Annual Joint Conference 2007, 2008 and 2009
- SpringHill MB Church-August 2008-Guest Speaker
- 12th Annual Mississippi Child Welfare Conference, 2013
- 42nd Annual Alabama/Mississippi Social Work Conference 2013
- New Mayor's Perspective of the First 100 Days, September 2013
- Inaugural Rice Bowl, October 2014
- 34th Annual Social Work Conference, 2014
- NASW MS Annual Conference 2014
- A Year of Empowerment-Speaker Nov 2015
- 13th Annual Mississippi Child Welfare Conference, Feb. 2015
- The Way Forward-Mississippi Department of Human Services-2016-Plenary Speaker
- Mississippi Department of Child Protection Services-2018-2025 Leadership Development Facilitator
- Alcorn State University-2018 Social Work Month-Presenter
- Mississippi Child Welfare Institute-Presenter-2023
- TCU/CASA-Trust Based Relational Intervention-2024 Presenter
- Mississippi Partners in Preparedness-March 2024-Presenter
- Traceway Retirement Community-Black History Program-2024 Presenter
- Mississippi Partners in Preparedness-March 2025-Presenter



WLBT: TV Interview 2010

WMPR 90.1 Radio- 2025



- Masterclass Facilitator-2024
- RAF Life-Panelist September 2024
- Mississippi Department of Child Protection Services-Forward Together Conference - Sept. 2024
- The She Project-Speaker 2024
- No Flinch Faith Women's Empowerment Conference-Founder and Keynote Feb. 2025
- Traceway Retirement Community-Juneteeth-Keynote June 2025

UPCOMING EVENTS

Jackson, MS | August 21, 2025

Keynote Speaker

Mississippi Alliance of Child and Community Advocacy (MACCA) Conference
QUAD Shift: Reimagining Self-Care and Combatting Burnout in Social Services

Jackson, MS | August 22 2025

Methodist Senior Services Leadership
BAWSE Moves Only: Reimagining Self-Care in Leadership Using the QUAD Shift"

Jamaica | October 18- 22 2025

Seattle, Washington

December 5-8, 2025
Symposium
University of Seattle

Jackson, MS

February 20-21, 2026
Flinch No More

Women's Empowerment Conference:
You Are the Disruptor

Regina Lacking
STAY CONNECTED
Every Friday 6am | CST
Facebook LIVE

Bio.

Regina L. Lacking is the CEO and Founder of Doing Life Well Coaching and Consulting, a company devoted to helping individuals achieve and sustain long-term weight loss through practical lifestyle changes. Widely recognized as the Plant-Based BAWSE, Regina excels at empowering clients to thrive by embracing a whole-food, plant-based approach to wellness. Drawing on her personal success of losing and maintaining 29 pounds, she inspires others to break free from yo-yo dieting and establish healthy, lasting habits.

In addition to her role as a coach, Regina is a Licensed Master Social Worker (LMSW), integrating her social work expertise into her transformative coaching practice. This foundation enables her to weave empathy, empowerment, and evidence-based strategies seamlessly into her work.

With over two decades of experience as a motivational speaker, Regina has energized audiences at conferences, community events, and faith-based gatherings with her dynamic presence and practical insights.

What can you expect?

- ✓ Understand what's happening from the inside out.
- ✓ Go on a customized journey and finally get disciplined.
- ✓ Track, reflect & be honest with yourself.



GET
STARTED



Now **BOOKING**
Speaking
ENGAGEMENTS



DOING LIFE WELL

Coach
REGINA LACKING

SPEAKER + AUTHOR
PROFESSIONAL DEVELOPMENT FACILITATOR

- Featured on Podcasts & Radio Talk Shows
- Presented at Conferences for 20+ Years
- LMSW | Certified Life Coach | Certified Vegan Transition Coach | Whole Food Plant-Based Health Coach | TBRI Practitioner | CPI Instructor | MS Black Women's Roundtable Ambassador | HIEC Resident | Certified Public Manager
- 8-Figure Brand Leadership Suite Coach

CORE WELLNESS *Services:*

Coaching

Health & Mindset

Professional Development

Leadership & Wellness Training

Speaking

Conferences, Workshops, Podcasts, Radio, TV

"Redefining our health because we are Boldly Authentic, Unstoppably Strong, Unapologetically Worthy, fueled by Empowerment!"

LET'S connect

✉ info@reginallacking.com

🌐 www.reginallacking.com

📱 @Reginallacking

Published Works.

- Making Bawse Moves: 40 Days to a More Planted You
- Heart of A Survivor (Anthology)