

# Legacy Leadership

An Executive Leadership Program for Black Women Building Healthier Communities



## What is Legacy Leadership?

Designed in 2020 to address inequities that negatively impact Atlanta's social impact sector, the unique Legacy Leadership Program invests in the leadership of Black women executives.

From non-profit founders to impact-driven small business owners, the leadership of Black women has been historically undervalued, underinvested in, and underutilized. Supporting these incredible leaders is paramount not only to the efficacy of the social impact sector – **it's also critical to the overall health of their communities.**

As such, Legacy Leadership provides resources that allow Black women leaders to invest in their health and well-being, increasing their capacity to sustain impactful community-building work.

In short, Legacy Leadership demonstrates a principle that Kaiser Permanente stands on: "Healthy individuals need healthy communities and healthy communities need healthy people."

THE FACILITATOR

Sagdrina Jalal



AWARD-WINNING LEADER.  
COMMUNITY-DRIVEN INNOVATOR.  
HEART-CENTERED EDUCATOR.

A former senior executive at Atlanta's Center for Civic Innovation (CCI), Sagdrina's work thrives at the intersection of community and innovation.

She cultivates and delivers transformational experiences for executive teams, with her work revealing the power of healthy communities through equity advancement.



## Success Snapshot

“Sagdrina is the physical embodiment of community. Period.”

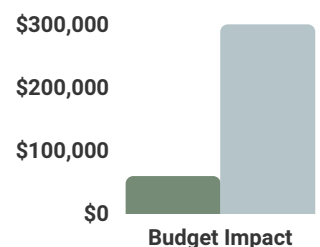
Since 2020, Legacy Leadership has served 3 cohorts, 75 participants in total

75 Participants Served

20% In Well-Being

Post-program surveys demonstrate consistent increases in both mental & physical health, with an average 20% increase in self-reported well-being

Organizational impact assessments also indicate positive post-program results, such as one cohort member's 500% budget increase (from \$60k in 2020 to \$300k in 2022!)



COMMUNITY PARTNERS



EMORY UNIVERSITY



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## Impact Statements From Past Participants

*This work is about healing past trauma, giving ourselves permission, and learning that community care equals self-care and vice versa.*

Yvonne Druyeh Dodd, Founder, Evi D. Consulting, 2021 Cohort



Executives enjoying a flower arranging session at Nourish Botanica, a greenhouse in West Atlanta that provides "engagement and education around food equity and economic justice"

NOURISH BOTANICA is owned and operated by 2021-22 Cohort Member, Quianah Upton

*This program has shown me that the people that my organization serves need the same things that I need: rest and consideration for their rest. The culture I want to have at my workplace will be inclusive of everything I learned.*

Erica "Umi" Clahar, Founder, Umi Feeds, 2022 Cohort



Executives participating in a restorative yoga session at CreateATL. Gentle exercise is organized and encouraged throughout each Cohort

*One of the things I've realized as a solo entrepreneur is that people are investing in me. When I'm not well, my company isn't well. What I loved about the program is that it taught me ways to care for myself.*

Rachel Willis, Founder, Elevating Equity, 2020 Cohort



Executives and Emerging Leaders celebrated Red Nose Day in partnership with The Lola, Southern Black Girls and Women's Consortium

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