



Tatiana Smith:

Tatiana Smith is a Licensed Professional Counselor Supervisor, owner of T. Smith Counseling, LLC, author, speaker, and certified Christian Doula who is passionate about helping individuals reclaim their true and free selves while reminding them that “it’s ok to not be ok.” With a heart for healing and advocacy, Tatiana is deeply committed to supporting women of color through pregnancy and childbirth by providing education, emotional support, and informed advocacy.

As a Doula, Tatiana works to empower Black women and women of color to use their voice, understand their options, and advocate for themselves in medical spaces where they are often unheard or dismissed. She is passionate about addressing the disparities in Black maternal health and maternal mortality by ensuring mothers feel supported, protected, and confident throughout their birthing journey. Tatiana believes every woman deserves to feel safe, respected, and fully seen during one of life’s most sacred moments.



Dr. Nicole Plenty:

Dr. Nicole Lee Plenty is a double board-certified OB/GYN and Maternal-Fetal Medicine Specialist, as well as a public speaker, podcaster, and advocate for patients. She earned her Bachelor of Science in Biology with honors from Xavier University of Louisiana, where she was crowned Miss Xavier University of LA. Following that, Dr. Plenty obtained a dual Medical Doctorate (MD) and a Master of Public Health (MPH) with a focus on Health Systems Management from Tulane University. She completed her residency in OB/GYN and her fellowship in Maternal-Fetal Medicine at the University of Mississippi Medical Center, where she also achieved a Master of Science degree concurrently.

Motivated by her own challenging pregnancy, she founded Pregnancy Pearls with Dr. Plenty, a vlog and podcast aimed at empowering patients to advocate for themselves by offering pre- and post-conception advice and insights on pregnancy complications. Dr. Plenty has been honored locally, statewide, and nationally for her contributions to health policy, mentorship, and advocacy.

Notably, she has been recognized as one of the Top 40 under 40 by the National Minority Quality Forum, the National Medical Association, the Indianapolis Business Journal, and her alma mater, Xavier University of LA. Currently, she holds the position of MFM Division Director

at Wellstar Health System in Metro Atlanta, GA, and works part-time with the Ascension St. Vincent MFM Division.

Additionally, she recently served on the ACOG National Board of Directors as an Early Career Physician At-Large. Above all, she treasures her role as the mother of her delightful five-year-old son, Harrison.



Irin Carmon:

Irin Carmon is a senior correspondent at New York magazine and the author of the 2025 book *Unbearable: Five Women and the Perils of Pregnancy in America*, which the Boston Globe called "a gripping page-turner: revelatory, horrifying, infuriating, sometimes inspirational, always informative." She is also the co-author of the New York Times bestselling book *Notorious RBG*. "That I responded so personally to it is a testimony to Ms. Carmon's storytelling and panache," the paper's staff book critic wrote of *Notorious RBG*. The book was an inspiration for an Oscar-nominated documentary, *RBG*, that featured Carmon and her co-author, and has sold well over a half million copies.

Carmon's New York magazine reporting and essays have twice been recognized with Front Page Awards from the Newswomen's Club. Her reporting in The Washington Post on sexual harassment at Charlie Rose and CBS News in 2018 was honored with a Mirror Award from the Newhouse School at Syracuse University and was a finalist for the Livingston Award.

Previously, Carmon worked at CNN as an on-air contributor and MSNBC as a national reporter, and as a staff writer at Salon and Jezebel. She lives in New York City with her husband, the author and professor Ari Richter, and their two daughters.



Shaconna Haley:

Shaconna Haley, M.A., CHD is a Holistic Intuitive Practitioner™, Perinatal Consultant, Certified Holistic Doula (CHD), Independent Sociological Researcher and former Dean of Students for The Matrona Foundation's Birthkeeper Program. She has over 28 years of experience in women and girls' life transitions, health and wellness, reproductive empowerment, mentoring/life coaching, and as a holistic doula/ birthkeeper. As Founder of InnerLight Holistic Doula & Perinatal Consulting, she integrates her Holistic Intuitive Practice™ paradigm into her work as perinatal consultant, doula mentor, rites of passage specialist and community advocate for holistic reproductive/maternal wellness, and perinatal mental health in Georgia. Her community work as a strategic empowerment consultant she addresses women's issues and diversity, equity and inclusion with emphasis on mentoring, holistic reproductive and maternal wellness. As such, Shaconna invests the professional development of in holistic community perinatal support professionals as both practitioners and personally through the InnerLight Holistic Doula Mentorship Circle (IHDMC), a 12-month fee-based, culturally-informed program for direct one-on- one mentoring and group development as a holistic doula and/or birthworker, currently in its 8th Cohort year.

Shaonna received her M.A. in Sociology and doctoral studies from American University with concentration in Race, Gender & Social Justice, specializing in Sociology of Birth; an M.A. in Counseling Psychology from Ball State University; and an B.A. in Psychology from Hampton University. Shaonna is an independent researcher in sociology of birth and reproductive life cycle, examining birth and the reproductive life cycle. Her sociological research addressing perinatal professionals, "Style of Birth Work and Emotional Labor in a Diverse Community of Doulas," focuses on emotion and empathy in birthwork, examining the birth work that doulas perform and their emotional labor through qualitative interviews with 40 doulas throughout the Atlanta Metro area. This work recently culminated in publication of "It's Not for the Faint of Heart- Empathy Socialization Among Birth Doulas," in the Sociological Forum. Currently, Shaonna is Adjunct Faculty in Comparative Women's Studies and African Diaspora & The World at Spelman College in Atlanta, GA. Additional publications on maternal health and lived experience include, in the Green Journal of Obstetrics & Gynecology: "A Doula's Presence" and in Special Edition of Obstetrics & Gynecology: Racism in Reproductive Health: Lighting a Path to Health Equity, "The Power of Language in Hospital Care for Pregnant and Birthing People: A Vision for Change", and a publication in Journal of Racial and Ethnic Health, "Addressing Racial Disparities in the Hypertensive Disorders in Pregnancy: A Plan for Action from the Preeclampsia Foundation's Racial Disparities Task Force."

In addition, Shaonna proactively serves the Georgia and Atlanta Metro community as Board Chair of Georgia Community Doula Coalition and Board Member of The Atlanta Birth Center. Advisory to the Healthy Mothers Healthy Babies (HMHB) GA Doula Access Working Group; GA March of Dimes Dismantling Racism & Community Impact Committees; and the Hope for Georgia Moms Georgia Maternal Health Task Force. Over the years, she has been a contributor to the Georgia Postpartum Support International Advocacy Committee, Birth Equity Lab of The Center for Black Women's Wellness (CBWW) & IHI and the Georgia Perinatal Quality Collaborative (GaPQC) – Health Equity sub-committee, and a member of the Black Mamas Matter Alliance (BMMA) Research Advisory Committee At the national level, she serves on the March of Dimes Doula TEAP (Technical Assistance Professionals) and part of the Preeclampsia Foundation's National Racial Disparities Taskforce.

Shaonna is an outdoor enthusiast, a foodie, and an all-around renaissance woman, loving the arts --- all genres of music, good movies and books. What most warms her heart is laughing with her loves (son and husband) and gatherings with family, friends, Sankofa Enlightenment Sista's and the InnerLight Holistic family of IHDMC mentees, alumni and Wise Women practitioners in the women's wellness and maternal health community.