

# TRINA RAMSEY

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Trina is an executive coach, author and motivational speaker. As the founder of the Just Do You Institute for Women's Empowerment, Trina works with women over 40 who are ready to say yes to themselves, their dreams, and unapologetically own their worth. She also works with nonprofit women executives as a coach and fundraising advisor.

Her best-selling book, *Just Do You: A Declaration of Independence from Guilt, Obligation and Shame*, is available on Amazon.

Trina also contributed to 3 books on women's leadership, overcoming shame and unlearning self-defeating thoughts and behaviors.

Trina is also a seasoned nonprofit executive who has spent more than 20 years in nonprofit fundraising and management, and she has raised tens of millions of dollars for a variety of non-profit organizations. As the Chief Development Officer for Mission Graduates, Trina is responsible for leading a team to secure all grants, corporate partnerships, and contributed revenue for the organization.

Before joining Mission Graduates, she served as Vice President of Development and Revenue Strategy for Code2040 and Chief Development Officer of The Center for Public Integrity in Washington, DC. She also led development teams at grassroots organizations like Habitat for Humanity, Common Cause, League of Women Voters, and Bread for the World.

Trina is working on a new book project about her family's struggles with mental illness and suicide. Learn more about Trina at [justdoyouinstitute.com](http://justdoyouinstitute.com) and on Medium at [mycoachtrina.medium.com/engagements](http://mycoachtrina.medium.com/engagements) with high-performing individuals.