

Dr. Carleah East-Bio

“My tears don’t compromise my strengths”



Dedicated to inspiring all women to become Sapphire Women, Dr. Carleah East’s expertise spans over 17 years and includes being an Author, Psychotherapist, Professor and Empowerment Speaker.

Dr. East has always displayed a passion to help, assist and uplift others. From an early age, her purpose to serve was clear as peers frequently sought advice. Dr. East has the unique ability to speak truth to power in a sincere, engaging, realistic and straight-forward manner. Her personable, enthusiastic, and often humorous work ethic is priceless. Dr. East’s dedication is positively received and appreciated in the lives she touches.

Contributions and giving back to her community are high priorities for Dr. Carleah East. She frequently supports and serves her community whether as a panel member, keynote speaker, or through other activities relevant to her expertise. She recently offered free mental health lessons and advice via a bi-weekly radio segment to teach and enlighten listeners. Her interests include providing counsel to those of various cultural environments without bias or prejudice.

Dr. East’s well-rounded background includes her love and appreciation for dance and music. She is a former Zumba instructor and often shares her love for the arts with her students and community organizations. Her dance training includes ballet, jazz, modern and creative expression. Dr. East firmly believes the component of dance or other forms of physical activity support mental health. There must be a balance of mind and body.

From overcoming abusive relationships and self-doubt, to appreciating her strength as a woman and embracing her truth, Dr. East is now making her own rules and designing her own destiny by empowering all women no matter sexuality or ethnicity to always SLAY IN YOUR LANE!