



CasioftheLight

Cassandra Powell – Bio

At just 14 years old, Cassandra Powell found herself homeless on the streets of Chicago, carrying the weight of eight years of abuse and the daily struggle to survive. In those darkest moments, she made herself a promise: “If I ever become an adult... if I live through this, I will help others learn to live through whatever life throws their way.”

Guided by that promise and a lifelong connection to her higher self and Divine Guidance, Cassandra began a journey of healing, resilience, and transformation. She overcame addiction, earned her GED, went on to receive five degrees and two postgraduate certifications, and built a career in higher education as a professor, Honors College Director, Department Chair, and—all while raising two biological children and fostering nine more.

Cassandra is a Yoga teacher with specialized certifications in Trauma-sensitive Yoga, Yoga for Children & Teens, and is a Yoga for Social Justice Leadership Facilitator, and is proficient in American Sign Language and Spanish. She is the founder of Light of Loving Kindness (LOLK), a nonprofit organization on the South Side of Chicago dedicated to bringing hope, healing, and wholeness to teens, families, and communities facing overwhelming odds. She has completed the Advanced Master’s Program for the Treatment of Trauma by NICABM (National Institute for the Clinical Application of Behavioral Medicine), and through mindfulness-based practices, self-care, and trauma-informed wellness programs, LOLK has empowered thousands of young people, families, and communities to discover their worth and rise as conscious leaders.

She shines a light on the true essence of who you are, providing access to tools that help to improve overall self-esteem and confidence, while helping to develop practices of self-love, self-care, self-awareness, and self-expression. Her goal is to empower conscious leaders of tomorrow, in order to create the world that we desire to see, for our children, their children, and their children’s children.

Through CasiofTheLight.com, Cassandra continues to empower conscious leaders as a professional speaker, retreat leader, and holistic wellness practitioner. With a storytelling, mindfulness, and research-driven approach infused with compassion and authenticity, she delivers talks, workshops, and retreats that inspire transformation, resilience, and meaningful change. Her work bridges corporate wellness, personal development, and spiritual restoration, helping individuals and teams reconnect to their wholeness, reduce stress, and cultivate cultures of care.

Cassandra is living proof of the power of resilience, self-love, and the Light of Loving Kindness. Her voice carries both lived experience and professional expertise, creating transformative spaces where healing leads to growth, and growth leads to a more compassionate world.

Where science meets soul to create thriving teams.

**CUSTOMIZABLE PACKAGES
AVAILABLE FOR KEYNOTES,
WORKSHOPS, AND RETREATS.
www.casiofthelight.com**

-- Cassandra Powell

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Professional Speaker | Trauma-Informed Specialist |

Mental Wellness & EQ Advocate