

TaShun Bowden-Lewis, Esq.

CEO & Founder

The Bowden-Lewis Consulting Group



Bio

TaShun Bowden-Lewis, Esq. is a criminal defense expert, esteemed speaker, personal & executive coach, catalyst for change, and the CEO & Founder of The Bowden-Lewis Consulting Group, LLC. With almost 30 years dedicated to working in public defense, culminating in her historic 2022 appointment as the first Black Chief Public Defender for the State of Connecticut, she is an experienced transformative leader with the business acumen and community-focused mindset to deliver results through discipline, integrity, and perseverance. TaShun has been recognized and lauded for leadership, community outreach, and commitment to DEIBAI initiatives. She is a mentor, workshop facilitator, and trainer.

Speaking Topics

Resiliency

With powerful storytelling and lived experience, I illuminate the path of resilience - demonstrating how to rise from adversity, anchor in purpose, and lead with courage in uncertain times. Audiences walk away inspired to stand tall in storms and stay grounded in their values.

Adapting to Crises & Challenges

I equip individuals and organizations with the mindset and tools to recover from life's disruptions and pivot with clarity, all while staying true to their core beliefs. My sessions empower listeners to view crises not as dead ends, but as defining moments of growth.

Personal & Professional Transitions

Whether it's starting over, leveling up, or navigating an unexpected detour, I guide audiences through the emotional and strategic terrain of transformation. With practical insight and heart-centered guidance, I help people turn transitions into launchpads for lasting impact.

Motivation, Encouragement & Catalyst for Change

More than motivation, I spark movement - igniting belief, courage, and momentum in every room I enter. My message leaves audiences energized, equipped, and ready to break barriers and become the change they've been waiting for.

Contact

(475) 231-7374

info@bowdenlewisgroup.com

www.bowdenlewisgroup.com

[LinkedIn Profile](#)

[Instagram Profile](#)

[Facebook Profile](#)

COMMITTED TO UNLOCKING STRENGTHS, ACCELERATING GROWTH, AND ACTUALIZING POTENTIAL