

TRACY AVICOLLI

ABOUT TRACY

Tracy Avicolti served as Director of Secondary Teaching and Learning for Hartford Public Schools, where she led curriculum and instruction across the district. She is currently a doctoral candidate at the University of Connecticut's Neag School of Education, where her research examines the experiences of mothers navigating the path to the superintendency — work that sits at the exact intersection of ambition and caregiving she speaks about today.

Tracy brings a rare combination to the stage: real experience leading at a high level while managing the demands of a household, and research-backed insight into why that load falls disproportionately on women. A certified yoga teacher, she also speaks to the nervous-system side of chronic overwhelm, not just the logistics of it.

SPEAKING TOPICS

The Weight You Don't See: Understanding and Reducing Mental Load

What mental load actually is, why it disproportionately falls on women, and where to start interrupting it — today, not someday.

Leading at Work, Leading at Home: Women in the Leadership Pipeline

Research-backed insight into why ambitious, high-performing women stall out — and what organizations and individuals can do differently.

Systems Over Willpower: Practical Tools for Reducing Decision Fatigue

Concrete, low-lift systems for cutting the hundreds of small daily decisions that quietly drain a leader's energy.



AT A GLANCE

- Former Director of Secondary Teaching & Learning, Hartford Public Schools
- Doctoral Candidate, UConn Neag School of Education — research on mothers in the superintendent pipeline
- Certified Yoga Teacher
- Available for keynotes, workshops & panel discussions

IDEAL FOR

Leadership conferences, women's professional networks, corporate wellness & ERG events, and education leadership summits.

BOOKING
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