

Sandra N.
Crespo

LICSW

Public Speaker
Mental Health Advocate



The NeuroSpicy Social Worker
Founder, Unalome Consulting Group

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Sandra N. Crespo is a Licensed Clinical Social Worker, speaker, and mental health advocate redefining how we see leadership, wellness, and neurodivergence.

She is the founder of **Unalome Consulting Group**, a boutique multi-purpose practice that centers on the power of reframing & purpose.

With a career spanning local government, corporate leadership, and clinical practice, Sandra's work has focused on cultivating inclusivity and designing creative, evidence-informed solutions that produce sustainable impact.

Sandra is currently pursuing her Doctor of Social Work (DSW) at Simmons University.

Why Sandra for your next speaking engagement?

Sandra brings a grounded, relatable energy to every room, inviting audiences to feel as though they're in a one-on-one session. Her speaking style blends personal narrative, professional expertise, and critical reflection, leaving audiences with fresh, actionable perspectives on familiar topics.

A sought-after speaker, she has led keynotes and workshops nationwide, including the U.S. Department of Labor Conference on Working with Returning Citizens.

Sandra transforms how we view ourselves as agents of change, advancing leadership, inclusion, and neurodivergent awareness with authenticity, courage, and heart.

Sandra's areas of expertise

- Mental Health
- Neurodivergence/ADHD
- Leadership Development
- Personal Development
- Program/Project Management
- Clinical Practice



Speaking Topics

A S.P.I.C.Y. Reframe: Redefining Leadership from the Inside Out

A transformative keynote/workshop introducing Sandra's proprietary S.P.I.C.Y. Framework—centered on Self-Awareness, Purpose, Innovation, Courage, and Yielding Transformation. Audiences learn to reimagine leadership as an inside-out process rooted in authenticity, not performance.

Expanding the Concept of Wellness

This keynote expands wellness beyond self-care trends, offering a holistic and culturally grounded approach that integrates emotional, mental, and social health for long-term sustainability and balance.

Unmasking ADHD: Embracing Differences, Empowering Success

Sandra reframes ADHD as a strength, not a setback, offering insights and strategies that empower neurodivergent professionals to lead with confidence and creativity.

NeuroSpicy Leadership: Embracing Diverse Minds for Organizational Success

An exploration of how neurodivergence shapes leadership and innovation. Sandra helps harness cognitive diversity to build inclusive and high-performing teams.

Breaking Barriers: Latina Leadership in Social Work & Beyond

A call to action for representation and inclusion. Sandra examines the systemic and cultural barriers impacting Latina leadership and shares actionable pathways to equity and visibility.

Popular Themes Across Keynotes & Workshops

- Neurodivergent Leadership & Inclusive Workplaces
- ADHD in High-Performing Professionals
- Emotional Intelligence & Self-Awareness in Leadership
- Wellness, Boundaries & Sustainable Success
- The Intersection of Identity, Culture & Care
- Redefining Productivity & Leadership



Format Options

Keynotes (30–60 minutes)
Interactive Workshops (60–90 minutes)
Fireside Chats or Moderated Panels
Organizational Trainings & Retreat Sessions

Book Sandra

For bookings, media inquiries, or partnership opportunities:

✉ s.crespo@theneurospicysw.com

🌐 www.theneurospicysw.com

Education

Doctoral Candidate at Simmons University (Exp 2027)

- Focus: Neurodivergent in Leadership

Master of Social Work – Boston University – Boston, Massachusetts (2015)

Bachelor of Arts in Sociology – Suffolk University – Boston, Massachusetts (2009)

Certifications

Licensed Independent Clinical Social Worker (LICSW)

Certificate, Women in Leadership - Cornell University

Certificate, The Relational & Multi-Contextual Treatment of Trauma - Simmons University