

KENITRA W. DOMINGUEZ

Author · Patient Advocate · Speaker · Founder, Bay Equity HR



I speak to patient communities, health equity organizations, workplaces, and care teams about being heard in a system that often isn't built to listen. I bring two things to it: my own experience as a patient, and a background in HR and a master's in work law that shape how I talk about your rights and the support you deserve.

SPEAKING TOPICS

01 · SIGNATURE KEYNOTE

Heard

Finding Your Voice in the Healthcare System

No one was coming to rescue me, so I learned to make the system listen. I walk audiences through the appointments where I was dismissed and the moves that turned my care around. They leave with a method they can use: prepare, document, question, and escalate when something is wrong.

03 · WORKPLACE & BENEFITS

Chronic Illness at Work

From Compliance to Real Support

Chronic illness is already shaping attendance, benefits use, and retention, and guessing at support gets expensive. For HR, benefits, and people leaders: what employees are entitled to, and how to get it right.

02 · PATIENT ADVOCACY

It's Not in Your Head

Naming and Challenging Medical Dismissal

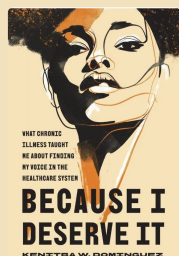
Women of color are taught to minimize their symptoms long before they reach an exam room. This talk shows where that training comes from and gives people language to name dismissal while it's happening and push back without surrendering what they know about their own bodies.

04 · CLINICAL EDUCATION

What Your Patient Stopped Telling You

The Small Moments That Shut Down Disclosure

Patients who feel dismissed don't argue. They edit, and the symptoms they stop reporting are the ones you needed to hear. For care teams and the schools that train them: what makes patients go quiet, and how to build the kind of trust that gets you the whole story.



BECAUSE I DESERVE IT

What Chronic Illness Taught Me About Finding My Voice in the Healthcare System · Avocet Books, 2026

"An essential read for anyone who's ever felt alienated by the health care system." · KIRKUS

REVIEWS

Featured in The Washington Post, HuffPost, Teen Vogue, and Rolling Out Health IQ
Advisory Board, California Black Women's Health Project · M.S.L. (Master of Studies in Law), UC Law San Francisco

WHY BOOK KENITRA

I bring both sides of the story: years navigating the system as a patient, and a career in HR with a master's in work law. Every talk is practical and shaped to the room.

KEYNOTES · WORKSHOPS · PANELS · FIRESIDE CONVERSATIONS · VIRTUAL OR IN PERSON

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