



OneUnited Bank Introduces “Who’s Your Ma Honey? Show” to Transform Undeserved Shame Into Empowerment

Groundbreaking “Live from the Hive” podcast launches May 5, 2026

Boston, MA - April 30, 2026 — On Thursday May 7, 2026, OneUnited Bank will launch [Who’s Your Ma Honey?](#), a bold and emotionally rich new show focused on helping guests explore their undeserved shame to reclaim the true source of their superpower. The 10-episode series premieres on YouTube, Apple Podcasts, Spotify, Audible, and wherever podcasts are available.

Who’s Your Ma Honey? uncovers the hidden presence of undeserved shame - the mix of unjustified guilt and unwarranted stigma - to help guests reclaim the source of their ultimate superpower - the resilience that led to their success. OneUnited Bank has long recognized that undeserved shame is the silent barrier that impedes personal growth and financial empowerment. The show transforms that silence into guidance for liberation, showcasing stories that inspire listeners to reach their full potential.

Hosted by **Teri Williams**, President & Owner of OneUnited Bank — an award winning Community Development Financial Institution (CDFI), and **Suzan McDowell**, President & CEO of Circle of One Marketing, an award winning Miami based agency - the show invites guests to courageously unveil their most intimate experiences, only to discover that those very experiences are the wellspring of their greatest strengths - their superpower - often the exact skills needed for entrepreneurship or leadership.

The Story Behind Ma Honey

The podcast’s name and its central philosophy are rooted in Teri Williams’ own journey. From Indiantown, Florida, Teri received a full scholarship to Brown University. As she experienced the cultural transition from a small southern town to the Ivy League, she felt undeserved shame about her origins in Indiantown — so much so that she buried the memory of the woman who shaped her most: her great-grandmother, Ma Honey.

Ma Honey (Annie Coachman) owned a penny candy store, juke joint, BBQ pit and rental property. Teri tagged along as she collected rent and worked in the candy store. Ma Honey was a businesswoman and entrepreneur in the segregated South long before those terms were ever coined. Yet for years, Teri’s memory of their formative relationship faded under the weight of the shame of her small town roots.

“For years, I lost the memory of my great-grandmother and the impact she had on my life. My memory loss was rooted in shame.” says Williams. “We all have a Ma Honey; someone or something we’ve been undeservedly ashamed of — that is actually the source of everything we’ve become. This show is about finding that truth, sometimes uncovering it in real time”

OneUnited Bank recognizes the impact of underserved shame on community development. Reclaiming 'Ma Honey' moments can heal old wounds and unlock the economic resilience and entrepreneurial spirit necessary to build generational wealth. The “Live from the Hive” experience represents a safe, collective space where the community can drop the weight of the past to focus on a more prosperous future.

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Season One

The inaugural season of Who’s Your Ma Honey? features an extraordinary lineup of leaders, advocates, and change-makers who join Williams and McDowell to share their own stories of undeserved shame transformed into superpower. Season One guests include:

- Karen Hunter, host of [The Karen Hunter Show](#) on SiriusXM radio, an award-winning journalist, author, and publisher
- Sybrina Fulton, mother of Trayvon Martin, activist and the co-founder of the [Trayvon Martin Foundation](#)
- Marc Morial, President and CEO of [National Urban League](#) and former mayor of New Orleans
- Congresswoman Frederica Wilson, U.S. Representative, Florida’s 24th Congressional District and founder of [5000 Role Models of Excellence Project](#)
- Mayor Daniella Levine Cava, [Mayor of Miami-Dade County](#) and founder of [Catalyst Miami](#)
- Addonis Parker, nationally [acclaimed muralist](#) and Artist in Residence at OneUnited Bank
- Sheena Meade, CEO of [The Clean Slate Initiative](#) and Ted Talk speaker on “[How "Second Chance" Laws Could Transform The Us Justice System](#)”
- Felicia Hatcher, CEO of Pharrell Williams’ [Black Ambition Prize Competition](#) and a White House award-winning entrepreneur, motivational speaker and author
- Trabian Shorters, Founder and CEO of BMe Community and the [Next Narrative Network](#) and developer of the award-winning cognitive framework [Asset-Framing](#)
- Dr. Delvena Thomas, board certified psychiatrist and owner and CEO of [DRT Behavioral Services, PLLC and Wellness Spa](#)

About the Hosts

Teri Williams is President and COO of OneUnited Bank, an award winning CDFI and the largest Black-owned bank in the United States. A graduate of Brown University and Harvard Business School, she is a nationally recognized leader in community banking, economic empowerment, and financial literacy.

Suzan McDowell is President of Circle of One Marketing, a firm celebrated for purpose-driven campaigns and multicultural brand strategy. A unique and respected voice in marketing and entrepreneurship, McDowell brings a rare combination of creative insight and empathy to the show.

More information about the “Who’s Your Ma Honey? Show at www.oneunited.com/honey

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About OneUnited Bank:

OneUnited Bank, America’s leading Community Development Financial Institution, the nation’s largest Black-owned bank, eleven-time recipient of the US Department of Treasury’s Bank Enterprise Award for community development and named Inc. Magazine’s Best in Financial Services 2024. For more info, please visit www.oneunited.com.

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