

Lisa Carrington Firmin, Colonel, Ret., USAF



Lisa Carrington Firmin is a Latina, writer, award winning author, poet, and Bronze Star-decorated combat U.S. Air Force veteran. Author of *Latina Warrior* and *Stories from the Front: Pain, Betrayal, and Resilience on the MST Battlefield*. Founder/CEO of Carrington Firmin LLC providing writing and consulting services in Leadership, Veteran Culture, Transitions, Military Sexual Trauma (MST) and Intersectionality. In 2025, she was honored with a legacy Pioneer award in her name by Shield of Sisters for her groundbreaking work to help educate and prevent MST. This award will be presented each year to the pioneers that follow. Featured on the cover of *Women Enterprise Magazine Texas* and provided the leadership keynote at Harvesting Partnerships, hosted by the Women Business Council – Southwest in 2024. She created training materials and conducted workshops and sessions to educate military personnel and civilians about MST in 2023 using the very lived experiences in her book, *Stories from the Front*.

Her poetry is deeply personal, an intimate reflection into the invisible wounds of MST, PTSD, trauma, combat, hardship, and the joys of her Latina culture. Her art is exhibited or shared nationally on podcasts, at various universities, VA Healthcare systems, conferences, summits, airports, and galleries. The Department of Veterans Affairs in 2023 featured one of her poems, “Invisible Veteran” at their historic ceremony to announce a more inclusive motto.

She is the co-editor for the Veteran Book Initiative at Blue Ear Books, assisting those who served in writing and publishing their stories. Carrington Firmin is the founder of The University of Texas at San Antonio’s Office of Veteran and Military Affairs, and the UTSA Top Scholar program. She retired from the United States Air Force as its most senior ranking Latina officer, after leading UTSA’s AF ROTC program to the best in the nation. Awarded a Bronze Star Medal for efforts in combat as an Expeditionary Mission Support Group Commander in Iraq’s Sunni Triangle in 2004, Carrington Firmin has received many honors and accolades such as the Legion of Merit with oak leaf cluster, the 2023 National Latina Symposium Veteran of the Year, UTSA President’s Distinguished Diversity Award, United States Hispanic Chamber of Commerce National Latina Leader, Governor of Texas’ Yellow Rose, National Diversity Council’s Trailblazer and Most Powerful and Influential Women in Texas, Texas Diversity Council’s Greater San Antonio LGBT Ally, Hispanic Women’s Network of Texas Trailblazer Award, Distinguished Alumni from Texas A&M University-Kingsville, Community Service Award from National Society of the Daughters of the American Revolution and a Military Writers Society of America book award.

Most recently, Carrington Firmin published a unique autobiography, *Latina Warrior*, told in a hybrid format of prose, poems, and art. She published in *Military Officer* and *Latina Style* magazines and led a Writing to Heal session during South Texas’ Veterans Health Care System’s Mental Health Summit, lectured at Puget Sound VA Healthcare System and continues to keynote at various events. In 2022, she was featured in *Hispanic Executive Magazine*, was a participating artist in Uniting US’s *From Conflict to Creativity* at the Library of Congress. In 2021, two of her poems were featured in a national art exhibit at the Military Women’s Memorial in Washington, DC. Her opinion article *Women protecting their country, yet military fails to protect them* was featured in the San Antonio Express-News in 2020 and republished by *Military Times*. Featured in *VFW Magazine* (June/July 2021), in *Military Officer Magazine* (October 2021), *LatinBiz Today’s Everyday People Make the World Go Round* in 2020, on San Antonio’s *KEDA Jalapeño Radio* in 2024, on *San Antonio’s Movers and Shakers* radio show in 2019 and in *San Antonio Magazine* in 2018. Carrington Firmin authored *Deploying Leadership: Steady Skills to Serve in Any Environment* in the Phi Kappa Phi Forum and authored a book chapter in *Adapt and Overcome, Essays on the Student Veteran Experience* (2016). She co-authored a book chapter about supporting student veterans (2013). Her research, *Hispanics: An Untapped Leadership Resource* continues its relevancy, and she provided expertise to the AF’s Hispanic Engagement and Advancement Team and to AF ROTC.

Carrington Firmin serves as a member of the inaugural Department of Defense Advisory Committee on Diversity and Inclusion (DACODAI), the Department of Veterans Affairs Advisory Committee on Minority Veterans (ACMV), a member of the Texas A&M University-Kingsville University’s Foundation Board of Trustees, board member of the Hispanic Veterans Leadership Alliance, member of the Military Officers Association of America, the Military Writing Society of America and is a life member of the Honor Society of Phi Kappa Phi, Veterans of Foreign Wars and Women Veterans Alliance. She is a Certified True Colors® Facilitator. To learn more, please go to <https://www.lisacarringtonfirmin.com/>