

TANYA L. BROWN

AUTHOR, SPEAKER & LIFE COACH - MASTERS IN COUNSELING PSYCHOLOGY

Sister of Nicole Brown Simpson



Tanya Brown is no stranger to adversity or trauma. With the loss of her sister, Nicole Brown Simpson, she has faced overwhelming life challenges but used these obstacles to ultimately improve the quality of her life. Tanya became a domestic violence advocate, doing speaking engagements and training that would inform people about the horror of abuse at home.

Adding to her repertoire, ten years after the loss of Nicole, Tanya suffered a mental breakdown; and as a result, she has made a personal commitment to speak on the issues of how to overcome adversity and promote HEALTHY mental health for overall wellbeing. She encourages her audiences to find peace amid daily chaos and learn the tools for integrating self-care for a life of optimal wellness.

She has become a nationally recognized author, speaker and life coach who uses the lessons from her experience with Nicole and her own suicide attempt to help others cope with life's challenges. Tanya takes her life experience to audiences nationwide as a compelling motivational speaker and brings that experience to bear on her coaching practice. Her story makes it clear that you can overcome any adversity with the willingness to ask for help.

As
Seen
On:



LARRY KING LIVE



What you get when you book professional keynote speaker Tanya Brown is a celebrity author, life coach and experienced public speaker who has a powerful story to share. Your group will be inspired by her journey and the lessons learned. You will be impressed with her capacity to build rapport with audience members who can relate to adversity but want to live happier, fuller lives.

Speaker & Author

Topics include:

The Seven Characters of Abuse: Domestic Violence- Where It Starts and Where It Can End

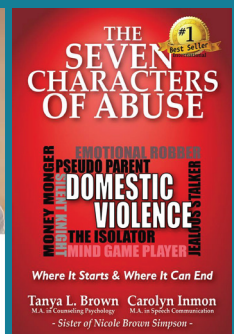
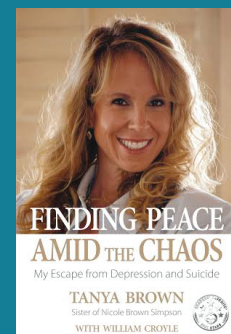
The T.A.N.Y.A Formula: Strategies for Self Care and Life Balance plus the HOW TO's to Overcome ANY Adversity

Finding Peace Amid DAILY Chaos: A personal story of how masking pain, struggles and life challenges can lead a person to a dark space that may feel impossible to overcome. Attendees will gain effective coping skills to prevent depression, anxiety, addiction and suicide.

Conquering Caregivers Stress: Helping Caregivers and health care providers in your community stress less with effective self care strategies for optimal wellbeing

Conquer College Chaos: Strategies for Creating Coping Skills for Optimal Success: Tanya shares her personal story about the critical nature of having coping skills during college life in order to have balance, happiness, health and success. Tanya engages her audience by being completely open with her depression. She ultimately made a decision to control her personal, professional and academic career.

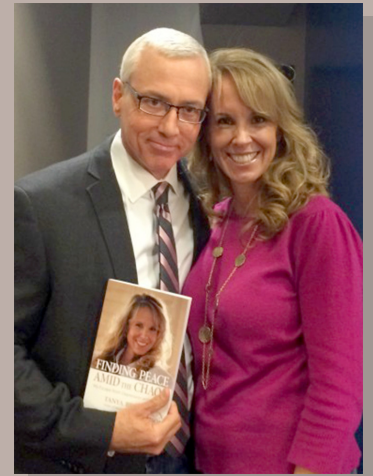
Corporate Survival Guide: Self Care Strategies to help conquer corporate stress, re-energize workforces and organizations for greater productivity.



LIFE COACHING

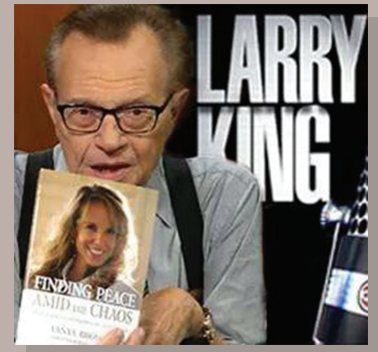
Tanya guides her clients to achieve greater:

- Balance, joy and peace
- Self-discovery to wellness
- Action strategies that create results
- Purpose principles to follow
- Employee empowerment every day
- Energy and time management



Tanya Provides Solutions!

- For managing stress
- For coping with life circumstances
- For conquering anxiety and overwhelm
- For creating well-being



Tanya Brown has a compelling story to tell, but is really more interested in providing strategies that will ultimately free her clients from the emotional trauma that comes with major adversity. Tanya has gathered tools that have guided her toward a more meaningful life, one where depression can be managed and traumatic events survived with grace. She shares these tools passionately and enthusiastically to fulfill her mission of helping others transform their lives and bounce back from adversity.



Tanya Brown



TanyaBrownSpeaker



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For additional information or to
book Tanya for your next event,
visit tanyabrown.net

