

# Tanea Smith

INSPIRATIONAL SPEAKER &  
TRANSITION EXPERT

As featured in...



"Sticks and stones may break my bones, but words will never hurt me."

Remember that lie?

Once upon a time Tanea was a Teenaged Mother, a Welfare Recipient and *almost* a Statistic. Those words did hurt, but they did not defeat Tanea. What did she do differently? She decided that one choice would not define the rest of her life. She used her challenges as catalysts and created a new reality



## Presentations

### From Uncertainty and Adversity to Redemption and Success: How to Thrive Despite the Odds

At the age of 19, with her infant son asleep nearby, Tanea sat and recorded this sentence over and over in her journal:

#### **This Is Not My Reality**

Hers is a story of redemption and transformation. Of how sheer will and hard work can literally change everything, why self love is absolutely essential and why having the right supporting cast in your life makes all the difference.

Walking the walk is truly the hardest part, but being a statistic was not an option For Tanea. Therefore she fought to make herself the exception to the rule.

## Tanea's Gems:

- **You're not the first, you won't be the last. But what you do now is up to you.**  
Transition is defined as changing from one state or condition to another. The word "change" itself illicitly fear and keeps you stuck in the hallway. Tanea has been there and will guide you through it.
- **Love of Self Is The Greatest Gift**  
Knowing who you are is the foundation of everything great but **loving** who you are is the bedrock upon which an extraordinary life is built. It encompasses all.
- **Your Circle of Sisters**  
Not a single living person can claim that they've moved through life without help. Tanea will define the 3 key people that you must have in place to help you thrive.

## Workshops

### It's My Time: Positioning Yourself For A Successful Transition

In this 90 minute interactive workshop covering mindset & motivation, Tanea leaves no stone unturned. A firm believer that nothing happens "until you commit", your client will not only identify what she wants but she'll receive and clearly understand the 3 steps that she must take in order to begin manifesting it.

### For The Love Of Me: A Young Woman's Blueprint to Discovering The Greatest Gift of All

In today's digital age of endless Instagram filters, of all things airbrushed and reality television the messages being fed to and consumed by our young women can be soul crushing. This 90 minute workshop lays a solid foundation for a greater understanding of Self Love.

### The Front Row: An Examination of the Power of Female Friendships

Beside every successful woman is another successful woman and another and another. In this 90 minute sit down we explore the dynamics of female friendships, how to properly build a "Front Row" and why it is so very important in every woman's life.

## What others are saying...

Working with Tanea has renewed my belief in myself. Her coaching style is like a shot of Vitamin C. She helped me to let go of my excuses and get out of my own way.  
- Victoria Criss

"You were more than amazing. There is still a lot that I have to learn as a woman. Your words touched something in me and confirmed that feeling that I have in the pit of my stomach. We are meant to be great. Your story reminded many of us of just that."  
-Carmen Reyes, City University of New York

I loved your breakdown of "The Front Row". What a blessing! As women if we supported one another more there's no limit to what we could accomplish.  
- Regina Thompson

## Let's Connect

Facebook: <https://www.facebook.com/taneasmith>

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## Book Tanea Today

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## Tanea Smith...

is a mom, Inspirational Business Speaker, Transition Expert, and the founder of She's Got Papers, a modern stationery company featuring messages that inspire you to *act*, empower you to *be* and make an *unforgettable* impression.

Her speaking style is a combination of wit, empowerment, and the stone cold truth. Tanea is entertaining and thought provoking, and moves your audience to action.