

Tanea  
Smith



Speaker  
Entrepreneur  
Certified Life Coach

## SPEAKING TOPICS

### **It's Your Time: You're not the first, you won't be the last but what you do now is up to you.**

God doesn't close one door without opening another, but the work begins in the "hallway". In her high energy, captivating talk, Tanea reveals how she went from welfare to wall street to entrepreneur and back to wall street. She leaves you with the five essential steps needed to create a new reality.

### **The Power Of The Pen: Journaling Your Way To Peace, Love and Joy**

At the age of 19, with her infant son asleep nearby, Tanea sat on her dark gray couch in her apartment and wrote this sentence over and over in her journal:

**"This is not my reality."**

Journaling is a powerful tool. It is useful not only for self analysis but for clarity, increasing self love, building inner strength, goal setting and finally, helping one to find their voice. Tanea helps you to develop a journaling practice that supports you on your journey to gaining your peace, filling your life with love and finding joy again.



## TESTIMONIALS:



Very engaging and powerful. An inspiration to all my sales people.

**-Jeffrey Rothstein, Douglas Elliman, Executive Vice President**

Fabulous workshop! 8 guests was perfect. My spirit is so full.

**-Michelle B.**

Thank you, Tanea. This was right on time. I think it's important for women to have sacred spaces to be transparent.

**- Sybil T.**

ESSENCE

Tanea In The Press



ENTITY

Past Clients



What's your favorite number? Mine is zero. It's the number of people, places, or circumstances that can stop you from changing your life if you really, truly want to change it. Once you decide, nothing in the world can stop you. Ready? Let's work!

# Book & Connect with Tanea

Audience members have described her as “witty and transparent with a maternal touch.” A mom of two, Tanea’s passion and calling is to help other women to get up. “Keep on stepping no matter what” is her mantra. She lives and breathes these words. From her humble beginnings as a teen mom living on public assistance to working in some of New York City's premiere investment banks to starting her stationery company, She's Got Papers Tanea has mastered the art of creating a new reality. Her keynotes and workshops draws your audience in, motivating them and providing them with actionable steps for long-term results.

In her signature program, “It’s Your Time,” Tanea uses her five step method to help women out of the hallway and into a new life they truly love.



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The “It’s My Time Suite

# Ready To Pivot?

Dive into the 90-day planner, which includes Tanea's five steps as well as exercises to apply at the end of each step. There are daily calendar pages to help with goal setting and staying organized, complete with a motivational quote for each day. Use the "It's My Time" journal to write it down, make a plan, and get it done. The journal is to be used with the writing prompts included in the planner. The 52-card affirmation deck uses the principles from Tanea's five steps to provide daily inspiration as you navigate through the hallway.