

Tanea
Smith



Speaker
Clarity Strategist
Founder of Dear Gloria

SPEAKING TOPICS

Dear Gloria: The Page Between What Was and What's Next

In this powerful and deeply personal talk, Tanea shares how journaling became the bridge between uncertainty and clarity. Audiences learn how to navigate life's "hallway" seasons with intention — and how one honest page can shift their next decision, next season, and next chapter.

The B.A.R.E. Method: Journaling Your Way to Clarity

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."

Today, she teaches audiences how to use her B.A.R.E. Method — a structured journaling framework designed to release overwhelm, increase self-awareness, and create forward movement. This session blends storytelling with practical tools for clarity, confidence, and calm.



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



ENTITY

Tanea In The Press

Past Clients



Clarity Changes Everything.

The moment you tell the truth,
your excuses get smaller.

Write it. Face it.
Move forward.

Audience members describe Tanea as witty, transparent, and deeply practical. From humble beginnings as a teen mom navigating public assistance to building a career on Wall Street and founding Dear Gloria, Tanea has mastered the art of turning reflection into direction.

As a clarity strategist and creator of the B.A.R.E. Method, she equips women and leaders with a framework to move through transition with intention. Her keynotes and workshops move audiences from reflection to real life action. One page at a time.

Book Tanea

Available for keynotes, corporate trainings, workshops and university events



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