

Tanea Smith



Speaker
Founder of Dear Gloria
Guided Journaling
Expert

SIGNATURE KEYNOTE:

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

Every life has a page between what was and what's next. A season where the answers aren't obvious and fear is louder than your own wisdom. In this keynote, Tanea Smith helps audiences navigate life's in-between seasons with clarity, confidence, and intention. Through powerful storytelling, guided journaling, and practical reflection, participants learn how to quiet the noise, trust what they already know, and move forward with their next chapter. Audiences leave with renewed confidence, greater clarity, and a practical framework for navigating life's transitions long after the keynote ends.

- Keynote (45 - 60 minutes)
- Breakout Session (60 - 90 minutes)
- Half Day Workshop

TESTIMONIALS



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

-Jeffrey Rothstein, Douglas Elliman

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



Wendy
THE WENDY WILLIAMS SHOW



Tanea In The Press



ENTITY

Past Clients



When you write it, you see it.

When you see it, you decide.

When you decide, everything
begins to shift.

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 the founder of Dear Gloria, Tanea equips women and leaders with a practical framework for navigating life's transitions with greater clarity, confidence, and intention. Her keynotes and workshops help audiences quiet the noise, trust what they already know, and move forward one page at a time.

Book Tanea

Keynotes * Corporate Trainings * Workshops * University events



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