

TamiWest^{PhD}

Author | Speaker | Trainer



Stress Expert and “*The Funny Motivational Speaker*,” Dr. Tami West uses her entertaining and compelling style to shine a new light on how to transform your life and discover solutions to life’s challenges. For over 15 years, Tami has been equipping people to live their best lives. Her passion stems from a lifelong battle with an anxiety disorder which has uniquely equipped her to teach, encourage, and motivate others.

With her bachelor’s degree in biology and a master’s in education, Tami has worked in a variety of industries including healthcare, school nutrition, corporate sales, and a 10-year stint as a public-school teacher. In 2013, she received her PhD in human development and continued her career as the dynamic motivational speaker, trainer, and author she is today.

As a respected and in-demand speaker, Dr. West has spoken in 48 states across the US, as well as the United Kingdom, Australia, and New Zealand. In any given year, Tami speaks to groups with audiences consisting of anywhere from 100 to 3,000 people.

Tami has spoken to diverse audiences including Danbury Federal Prison inmates (the setting of the Netflix series *Orange is the New Black*) National Association of Medical Staff Services, and senior executives at Social Security Administration.

Dr. West is the author of several successful publications including two books: *The Stress Club*, *Life Without the Monsters* and *Thrive*.

Tami is the mother of eight in a blended family and enjoys reading historical fiction, traveling with her husband Tim and family, and watching *The Big Bang Theory*.



AUTHOR | SPEAKER | TRAINER
P: 615.497.7714

tamiwest@tamiwest.com | www.tamiwest.com
www.facebook.com/TamiWestSeminars www.twitter.com/TamiWest www.linkedin.com/in/tamiwest/