

Dr. Tami West Bio/Intro 2022



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. Her passion stems from a lifelong battle with an anxiety disorder which has uniquely equipped her to teach, encourage, and motivate others.

Tami has worked in a variety of industries including healthcare, school nutrition, corporate sales, and 10 years as a public-school teacher. In 2013 she received her PhD in Human Development, studying the topics of stress, emotions, and identity.

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.

Her audiences are diverse and include Danbury Federal Prison inmates, teachers and administrative assistants, 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*. She is a 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*.

Training topics include: Mental Health, Stress Management, Conflict Resolution, Managing Emotions, Preventing Burnout, Life Balance, Communication Skills (all levels)



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