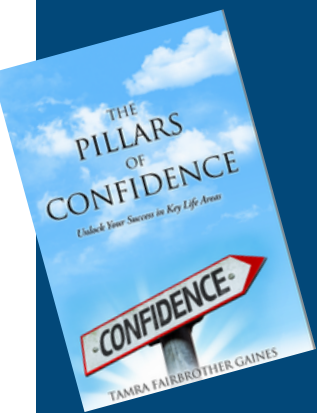


Empowering Leaders and Elevating Confidence: Your Premier Source for Professional Development



"More than just her journey, Tamra maps out how to be more successful by becoming more of your authentic self. Fabulous!"

Mary Kelly

Author, The Five-Minute Leadership Guide



Why Tamra Gaines

- Easy to work with- no drama!
- Day rate affords multiple uses
- Provides a promo video for your marketing
- Supplies actionable steps for attendees
- Discounts on book purchases
- Arrives 1 hour early for presentations
- Available to attendees for follow up



"Through our conversations, Tamra helped me recognize areas that I wanted to improve upon in both my personal and professional life. She helped guide me to create goals, positively challenged me and followed through on my progress".

Credit Union C-Suite



Sample Speaking Topics

UNBREAKABLE: Cultivating Influence with Confidence

- Ideal for all levels of leaders
- 45-60 minute session

The Leadership Pipeline: Developing Your Bench for Better Succession

- Ideal for C-Suite and People Managers
- 45-60 minute session



Leadership & Executive Coaching

Individual or Group Coaching and book club facilitation

- Boosts individual and team performance
- Accelerates goal achievement
- Enhances confidence

ABOUT TAMRA GAINES, CMM, CPC, CUDE



A business leader, keynote speaker, author and coach, Tamra Gaines shares learnings from her three-decade career where she focused on the development of people, business and creating experiences.

Through her public speaking events and professional volunteer service with Big Brothers-Big Sisters, Tamra developed a strong desire to educate and motivate others to stretch toward their potential. She captured these lessons in her book *The Pillars of Confidence* that explores specific actions readers can take to be more confident in their professional and personal lives and become more effective leaders.

Tamra has earned several awards based on her advanced experience and leadership and has served on various boards and volunteer committees. In addition to being a Certified Professional Coach; obtaining her certificate of DEI (Diversity, Equity & Inclusion) from Cornell University, Tamra is also a Certified Meetings Manager and a certified speaker with the John Maxwell Leadership Team.

Tamra loves to explore new places, meet people and create healthy meals with her husband, Ron. They share their home in Florida with two beagles Mazie and CeCe, and Tamra's sweet mom, Gloria.

**As a seasoned meeting professional,
Tamra caters to those in the trenches
of all the details.**

