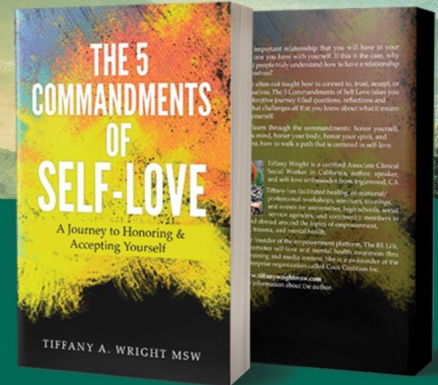




I SUPPORT AND CREATE OPPORTUNITIES TO APPROACH

# HEALING AND TRANSFORMATION IN A HOLISTIC WAY

## THE 5 COMMANDMENTS OF SELF-LOVE



## About Tiffany Wright

Tiffany Wright is a Licensed Clinical Social Worker, author, speaker, and wellness consultant. She obtained a BA in Sociology and BA in Psychology from the University of California Davis and her Master of Science in Social Work from Columbia University in New York City. Her clinical work focuses on trauma, grief, esteem, relationships and eating disorders, using interventions like mindfulness, ecotherapy and brainspotting. Tiffany's areas of expertise are creating culturally relevant healing spaces, providing trauma-informed care, developing tools for self-care, and educating audiences on the impacts of historic & inter-generational trauma, along with grief & loss.

Tiffany has facilitated healing, educational and professional workshops, seminars, training, and events for universities, high schools, social service agencies, and community members in the US and abroad around the topics of empowerment, wellness, trauma, and mental health. In 2021, Tiffany was a featured speaker at Ted X UC Davis, and delivered her talk, Owning your Identity in the Digital Age. Tiffany is the author of several self-help books, including The 5 Commandments of Self-Love (2019). She has created several guided journals focused on mindfulness and self-care. She is the founder of the empowerment platform, The BE Life, which promotes empowerment and wellness through holistic media, education, and experiences. She is the owner of BE Infinite Therapy, which is a social justice centered and trauma informed practices, offering non-traditional interventions to BIPOC populations. Tiffany is also a co-founder of the mental health non-profit organization called Coco Coalition Inc, where she has developed mental health, education, and women's health centered programming for Black Women and girls in North America and Africa.



### Areas of Expertise

- General & Workplace Wellness (self-care, mindfulness, burnout, stress management)
- Mental Health
- Identity/Esteem
- Community Building



### Speaking Topics

- Fostering Self-Love
- Cultivating Joy, Positivity, and Purpose
- Developing & Connecting to Sense of Self
- Embracing Vulnerability and Releasing Shame



### Training Topics

- Creating Culturally Relevant Healing Spaces
- Trauma-Informed Leadership
- Tools for Self-Care
- Utilizing Mindfulness to Improve Productivity
- Acknowledging & Managing Vicarious Trauma
- Historic & Inter-Generational Trauma
- Managing Grief
- Non-Traditional Clinical Interventions for BIPOC Populations

