

# TIFFANY WRIGHT, LCSW

LICENSED CLINICAL SOCIAL WORKER, WELLNESS CONSULTANT, AUTHOR AND SPEAKER



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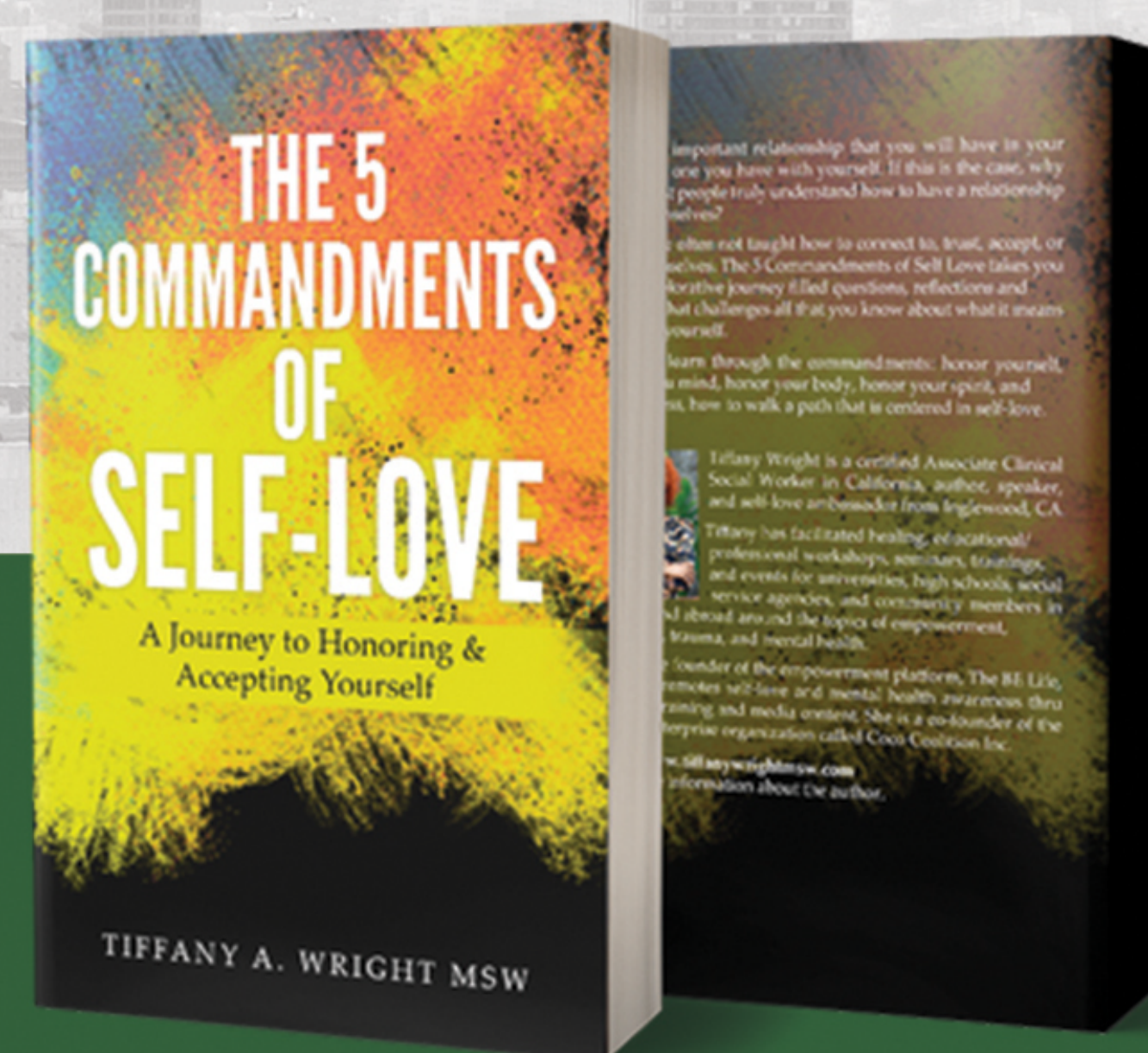
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I SUPPORT AND CREATE  
OPPORTUNITIES TO APPROACH

# 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 based in Inglewood, CA. 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. Tiffany's areas of expertise are creating culturally relevant healing spaces, trauma-informed care & leadership, tools for self-care, historic & inter-generational trauma, 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 on, Owning your Identity in the Digital Age. Tiffany released her 2nd book, The 5 Commandments of Self-Love (2019). She is the founder of the empowerment platform, The BE Life, which promotes empowerment and wellness through therapy, consulting and media. She is the owner of BE Infinite Therapy, as well as host of the podcast series, The Shift is Real. Tiffany is also a co-founder of the social enterprise 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

- Wellness
- 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
- Being a Mental Health Warrior
- Practicing Self Care & Managing Burnout for Service Professionals



### 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
- Cultural Humility and Cultural Competency in Human Service Field
- The Continuum of Abuse

# TEDx