

TIFFANY WRIGHT, MSW

ASSOCIATE CLINICAL SOCIAL WORKER,
WELLNESS CONSULTANT, AUTHOR, AND SPEAKER.



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SUPPORTING, DEVELOPING, AND
CREATING OPPORTUNITIES TO APPROACH
**HEALING AND
TRANSFORMATION**
IN A HOLISTIC WAY



**THE 5
COMMANDMENTS
OF SELF-LOVE**

About Tiffany Wright

Tiffany Wright is a mental health professional, author, speaker, and wellness consultant from 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. 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. Tiffany released her 2nd book, *The 5 Commandments of Self-Love* (2019), as a follow up to her first book, *Be Love: Daily Intentions Guiding You to Self-Love* (2014). She is the founder of the empowerment platform, *The BE Life*, which promotes self-love and mental health awareness through resources and media. She is a co-founder of the social enterprise organization called *Coco Coalition Inc.* She is also a Registered Associate Clinical Social Worker in California.



Areas of Expertise

- Creating Culturally Relevant Healing Spaces
- Trauma-Informed Care & Leadership
- Tools for Self-Care
- Historic & Inter-Generational Trauma
- Grief & Loss
- Social Work Practice
- Neurological & Behavioral Impacts of Trauma
- Compassion Fatigue & Secondary Trauma
- Understanding Trauma of Historically Oppressed Groups
- Cultural Humility and Cultural Competency in Human Service Field
- The Continuum of Abuse
- Disproportionality & the Child Welfare System



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