

# TamiWest<sup>PhD</sup>

motivation . inspiration . education

## About Dr. Tami West



Dr. Tami West cannot diagnose or treat your skin rash. She's not that kind of doctor. What kind of doctor is she? The kind who became a PhD solely to help others live happier, more fulfilled lives.

Tami's experiences working in hospitals, physician's offices, research labs, public schools, corporate sales, and the school nutrition industry provide her insights that she uses to help others improve personal and professional lives. Her undergraduate degrees in science and education, as well as her doctoral research in human development, uniquely equip her to teach audiences new information – not the same old stuff.

Her passion stems from her battle with anxiety disorder that initiated her dedication to helping others. Her clients come from all walks of life, from Danbury Federal Prison inmates (the setting of the Netflix Emmy-winning series *Orange is the New Black*) to Social Security Administration senior management.

Dr. West's publications include *The Stress Club*, *Life Without the Monsters*, and *A Woman's Guide to Personal Achievement and Professional Success*. She has spoken for groups in 48 states across the US, the United Kingdom, Australia, and New Zealand. When she's not speaking or writing, you might find her with her traveling with family, reading historical fiction, or watching *Big Bang Theory*.

Tami is always real, completely transparent, totally sincere, and consistently surprising. She will make you laugh, cry, and shine a refreshingly new light on life's challenges.



AUTHOR | SPEAKER | TRAINER

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