



TANYA KEATS SPEAKER SHEET

Inspiration for Change

Our presentations inspire and give the tools to take action creating immediate results for greater impact and life changes.



Tanya Keats
Coaching Graduate

Topics designed to impact lives:

- Know the power of being in the present moment for ease
- Boundaries vs. judgements, how to discover your own power within
- Deepen your relationships by living authentically
- Break through fears to become comfortable being uncomfortable

The value and impact of our presentations allow you to:

- Get comfortable and adventurous living in the unknown
- Uncover the invisible roadblocks that are holding you back and become more motivated and inspired
- Discover how to be in a relationship without losing yourself
- Learn the importance of connecting authentically and how to do it
- Know your boundaries and communicate in a way that makes people hear them
- Break through fears with ease

“ Tanya has a contagious enthusiasm when giving presentations. Her last presentation was on program management and only lasted 20-30 minutes, yet her enthusiasm and education made me want to be a program manager, and previously I didn't want anything to do with it. And even though it was an educational experience, it didn't feel like education. ” – Erich

Book your customized speaking engagement today!

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KeatsCoaching.com



ABOUT TANYA KEATS

Certified Coach

Often we think we have to do life and accomplish goals alone. We don't. Having a high integrity confident sounding board, and a caring force by your side is valuable for success. Learn more about Tanya in her brief bio below.



Experience in a Wide Range of Industries, Including:

- Coaching
- Cosmetology
- Aviation
- Consulting
- Online education
- Waste management
- Healthcare
- Relocation

Education Includes:

- Bachelor and Master Degrees
- Six Sigma Certification
- Program Management
- Process Improvement
- Business Ownership
- Team Building
- Coaching graduate of Coach U started by the founder of coaching, Thomas Leonard

Tanya Keats is a business owner, speaker, integration guide and leadership coach who supports those who are experiencing major life transitions. She guides her clients towards a free life lived with ease by helping them break through the mental blocks that hold them back. She's best known for assisting people on their journey to become whole and helping them navigate transitions without losing themselves.

Tanya grew up in a small town in the Midwest in a modest-income family. She initially followed the society's checklist - get an education, develop a career and find a relationship - only to realize that it wasn't as fulfilling as she thought it would be. She later transitioned from meeting society's expectations to living experientially in the present moment. As she quickly discovered, this led to a more fulfilling, connected and rewarding life. Today she works with others on how to do the same.