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## **Renowned Hollywood Life Coach Premieres “The Exit: Reflections of 2020” with 15 Changemakers from Various Fields on New Year’s Eve.**

Binge-worthy inspiration on the last day of the year, Dr. Tanya Gilbert hosts “Critical Conversations” interview series designed to inspire and help viewers master “change” as they embark upon 2021.

**LOS ANGELES, CALIFORNIA**—On New Year’s Eve, renowned Transformational Life Coach and Behavioral Change Expert, Dr. Tanya Gilbert, will host “**The Exit: Reflections of 2020,**” a series of “critical conversations,” on the subject of *change*, with 15 changemakers in their respective fields. The interviews will be broadcast on Facebook and YouTube beginning at 12 noon PST. For more details, visit [www.DrTanyaGilbert.com](http://www.DrTanyaGilbert.com).

“2020 brought unprecedented change in every area of life, and most of us are hoping for a calmer 2021. However, the only constant in life *is* change. With the right tools and the right perspective on change, we can learn to embrace the inevitable change we must face in life.” states Dr. Gilbert.

With each changemaker interview, Dr. Gilbert will discuss “wins and losses” and how both wins and losses add value to one’s life as we head into 2021. During each conversation, viewers will receive strategies and resources to spark positive behaviors that can create change in their lives.

Changemakers featured in “The Exit: Reflections of 2020” include: Mother/Daughter Author Team, **Fionna and Madison Wright at 12 Noon**; Holistic Health Coach/Nurse/Author, **Candyce Pirtle-Small at 1:00 pm**; Author/Anti-Bullying Activist, **Kati ‘Jazz’ Gray-Sadler at 2:00 pm**; Chiropractor/Wellness Coach, **Dr. Rennes Toussaint-Keshinro at 3:00 pm**; Leadership Coach/Workplace Engagement Strategist, **Romona Robles at 4:00 pm**; Songwriter, **Zalma Bour at 5:00 pm**; Co-founder of the Playground Sessions App, **David Sides at 6:00 pm**; Fashion designer, **Lady Dione at 7:00 pm**; Author/Eldercare Advocate/Bodybuilder/Wellness Guru, **Carolyn A. Brent**; Author/Dance Instructor, **Bevin at 8:00 pm**; Massage Therapist/Health Educator, **Angelica Villarruel at 9:00 pm**; Content Writer/Digital Marketing Specialist, **Ashley Wells at 10:00 pm**; Author/Poet/Spoken Word Artist, **Starla Carr at 10:30 pm**; Pharmaceutical Sales Rep, **Trey Paige at 11:00 pm**; Attorney **Tamara Jones at 11:30 pm**; and Hip-Hop Artist, **Knowshun at 12:00 am**.

“The traditional ways of how we work, play, learn, and perform other rites of passage were disrupted in 2020. We have been forced to think differently. We cannot predict the long-term effects of these multiple crises, but it is likely that we will be severely impacted for many years,” Dr. Gilbert shares.

### **About Dr. Tanya Gilbert**

Dr. Tanya Gilbert’s 25-year background in psychotherapy provides perspective that enables her to facilitate greater depth of healing in her work as a transformation life coach, author, motivational speaker and talk show host. A veteran in the field of Mental, Emotional and Behavioral Health, Dr. Gilbert helps her clients address complex problems and/or attain significant life goals—whether it is in the area of communication, romantic relationships, parent/child relationships, business or career. Dr. Gilbert’s books and coaching material empower anyone looking to maintain healthier relationships, improve communication, heal from past trauma, and enhance one’s personal and professional development.