

Dr. Tanya Gilbert

**KEYNOTE SPEAKER | TRAINER
BEHAVIORAL HEALTH EXPERT**

Transformational Life Coach

Dr. Gilbert earned both her Psy.D. and M.A. in Clinical Psychology from the Illinois School of Professional Psychology at Argosy University in Chicago, and her B.A. in Applied Behavioral Science from National Louis University in Chicago, IL. Dr. Gilbert also completed a post-graduate Fellowship in Psychoanalysis from The Wright Institute of Los Angeles. Dr. Gilbert is a certified parenting instructor trainer for the Systemic Training in Effective Parenting (STEP), as well as an ordained minister, spiritual counselor and certified health educator.

Dr. Gilbert's expertise extends to a variety of settings: including residential and outpatient addiction programs; community agencies; medical centers; mental health hospitals; colleges and universities. She is beloved for her unique, straight-forward, wise and compassionate way of connecting to ALL of her clients—adolescents, older adults, families, couples and individuals in the LGBTQ community.

Dr. Tanya Gilbert is committed to helping her clients move forward confidently and securely; no matter where they are in their life's journey.



DR. *Tanya*
GILBERT

is a transformational life coach

and 25-year veteran in the field of mental, emotional and behavioral health. Dr. Tanya Gilbert assists her clients in addressing complex problems and/or attaining significant life goals—whether it's in the area of romantic relationships, communication, parent/child relationships, business or career.

BOOKINGS:

To schedule Dr. Gilbert, please visit:
DrTanyaGilbert.com/Speaking or email
Speaking@DrTanyaGilbert.com

Memberships & Associations

Dr. Gilbert is a member of the International Association of Coaches (IAC), American Psychological Association (APA), International Association for the Development of Person-Centered Approach (ADPCA), Supervised Visitation Network (SVN), Association of Black Psychologist (ABPsi), Women In Psychology, National Association of Professional Women (NAPW) and ZUR Institute.

COACHING:

To hire Dr. Tanya Gilbert, please visit:
DrTanyaGilbert.com/Coaching

DrTanyaGilbert.com | 1-844-DrTanya

SPEAKING TOPICS

Personal & Professional

- **Mastering Change:** Powerful strategies for anticipating and responding to unanticipated events in your life.
- **Relationship 1on1:** Maintain One's Identity in a Relationship
- How to Make Fear Your Friend and Seize Your Best Life
- **Calming Anxiety:** How to Quiet the Clamor Within
- **How to Chart and Manifest the Career You Desire**
- **5 Keys to Confident Communication**
- **Unstoppable Self-Esteem:** 7 Strategies to Recognizing and Exuding Value
- **YOU First:** Understanding the Role of Self-Care in One's Life

Corporate & Academic

- Demystifying Diversity: How to create dynamic teams for any endeavor
- Empathic, Understanding Responses on the Therapeutic Alliance between Substance Abuse Counselors and HIV/AIDS Diagnosed Substance Users
- The Effect of Training in Intensive HIV/AIDS Education
- SIGNALS: Understanding the Cycle of Domestic Violence in Families
- Client-Centered Psychotherapy and its Impact on African American Patients

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KEYNOTE INCLUDES:

- 45 - 60 minute presentation
- Full customization
- Q & A
- Meet and Greet

Partial List of Previous Engagements

- U.S. Immigration and Customs Enforcement
- Global Peace Foundation, Inc.
- Association for the Development of Person-Centered Approach (ADPCA) International Conference -NY, NY
- University of Chicago, North American Students of Cooperation (NASCO)
- University of Southern California - Los Angeles
- The Gabrielle Richard Leadership Institute
- Illinois School of Professional Psychology at Argosy University, Chicago
- City of West Hollywood Chamber of Commerce
- Heartland Region International Training in Communication (ITC)
- Haymarket Center 10th Annual Summer Institute on Addictions
- Ryan White Aids Foundation - Chicago, IL
- Richard J. Daley College, Chicago, IL
- AIDS Foundations of Chicago
- Greater Chicago Committee (GCC)

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