



TIHANNA LOUISE

Certified Executive Coach
Int'l Speaker
Corporate Trainer & Facilitator
"Energy Expert"

MEDIA KIT



STORY IDEAS

1. _____

We need more feminine energy in the workplace-
Discover why we need it and how to achieve it!

2. _____

How to know WHEN to respond to microaggression
in the workplace practical frameworks to help you
consciously communicate.

3. _____

More Human Being, Less Human Doing- 7 ways to
break the capitalist cycle of collective
over-achievement and hyper-productivity.

4. _____

Knock out your inner hater! Change the way you
think to change the way you speak.

*Transformational Keynote Speaker,
Tihanna Louise works with individuals
and corporations to amplify their com-
munication, connection and confidence
so that they have a positive, influential
impact on the world.*



5. _____

You can recover from burnout! 3 Steps to help you shine brightly again.

6. _____

Women in leadership — own your story, step into your power, and speak with authority. Tihanna will show you how!

7. _____

Set Point: Raising your default energy levels and communication skills. Learn to Shift your thinking for personal and professional transformation.

8. _____

Six public speaking power tips for women in the workplace. Improve your career prospects and leadership positioning.

9. _____

R.E.S.P.E.C.T. Find out what it means for your energy! Confidence is a choice, not a personality trait.

10. _____

Success is an “Energy” job. 3 ways to radically shift your approach in order to find it.



A Few Clients



A Few Testimonials

"Most fascinating training"

Chief Technology Officer

"She opened up a deeper understanding of where I need to focus and grow"

Director of Finance

"I have gained so much inspiration, insight, and wisdom from my work with Tihanna"

Creative Art Director

Get In Touch



TIHANNA LOUISE

Change the way you *think*
to change the way you
speak.