



 **COACH TASHA MAC**

**THE NATION'S #1 EMPOWERMENT SPEAKER
COACH | AUTHOR | ADVOCATE**

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Meet Tasha

Life doesn't always play fair. In 2021, Tasha Mac was knocked off her feet, not by some dramatic accident, but by the silent creep of COVID-19. What started as a workplace exposure turned into a long-haul nightmare, leaving her with a permanent disability. Just like that, the life she knew was shattered. But this wasn't her first battle. She faced childhood abuse, trauma, the gut-wrenching loss of a child, bullying, discrimination—the list goes on.

Her story isn't about perfect victories or easy solutions. It's about the messy, gut-wrenching reality of unmasking the truth, wholeheartedly accepting vulnerability, and creating a workplace climate where growth and redemption are possible for all.

It's about finding the strength to rebuild, even when it feels impossible. And it's about discovering that within each of us lies an unyielding spirit, capable of achieving extraordinary things.

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Now, as a speaker, coach, and advocate, I am dedicated to helping others do the same. I draw on over 20 years of experience in leadership, training, and financial management—honed as CFO of a multi-million dollar enterprise and through certifications as an SLII Trainer, Belief Therapist, Professional Coach, and Fraud Examiner.

But her true passion lies in empowering individuals to rise above their circumstances. Whether it's advocating for people with disabilities, championing youth empowerment, or mentoring future leaders, Tasha's mission is to ignite the spark of resilience within each person she encounters.

I am Tasha Mac, and I am here to tell you that even in the face of life's fiercest storms, there's always a way to find your footing and forge a path forward.

If you're ready to turn pain into purpose, setbacks into stepping stones, let's connect. I am here to help nations, communities, organizations and businesses find the clarity and direction we need to create a brighter future, not just for yourself, but for the world around us.

I chose resilience. I chose strength. I chose to reclaim strength with you.

Her Voice



Tasha's words are both a rallying cry and a roadmap. They inspire you to dream bigger, to push harder, to believe in the impossible. But they also ground you in the practical steps needed to make it happen. It's a voice that speaks to the heart and the head, reminding you that you have the strength to overcome any obstacle, and the wisdom to chart a course towards a brighter future.

Whether she's addressing a room full of executives or coaching a client one-on-one, Tasha's voice is a force to be reckoned with. It's a voice that challenges, motivates, and ultimately, empowers you to take bold action and create a life that reflects your true purpose.

Testimonials

"Tasha, thank you inspiring us to be the best version of ourselves. I will always remember the stories you shared."

"Leaders are not born, they are set on path to success by people like you who motivate, inspire, and believe in sharing knowledge. Thank you for everything!"

"I am inspired by your way of teaching like all the inspiration, music and advice you gave. Thank you!"

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Speaker Topics

These topics reflect her breadth of knowledge, personal resilience, and passion for leadership, empowerment, and financial excellence.

- Spiritual, Physical, and Mental Health
- Work-Life with Long Haul COVID
- Reclaiming Our Strength
- Youth Empowerment and Respect
- Unseen Disabilities - Empowering Invisible Strength
- Navigating Life Transitions
- Emotional Intelligence
- Situational Leadership
- Race Based Traumatic Stress
- Conflict Resolution for Teams
- The Impact of Past Pain on Present Connections
- Championing the Next Generation of Leaders
- Generations in the Workforce
- Fraud ~ Waste ~ Abuse and Whistleblowing
- Work-Life Balance—Relieving Stress
- Leading with Purpose
- Healing from Workplace Trauma



Services

She caters to nations, individuals, businesses, communities and organizations across various sectors, focusing on leadership development, empowerment, financial strategy, and personal growth.

- Keynote Speaking Engagements or Panelist
- Personal and Professional Coaching and Mentoring
- Community Outreach
- Consulting, Workshops and Training Programs

Clients Featured On



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Author



Book Synopsis

RECLAIM YOUR STRENGTH FROM LIFE ADVERSITIES WITH GUIDANCE, SUPPORT, AND EMPOWERMENT!

Courageous Rebirth: The Little Girl is a poignant and powerful memoir that chronicles the author's transformative journey from a childhood marred by neglect, abuse, and emotional wounds to an empowered adult determined to heal and rise above her past. Through the voice of her inner child, "The Little Girl," the author reflects on the deep scars left by bullying, familial neglect, and systemic oppression that followed her into adulthood, impacting both her personal and professional life. As she faced false accusations, workplace hostility, and threats to her livelihood, she remained resilient, holding onto her identity and integrity.

This inspiring narrative introduces 10 actionable concepts to help readers "Reclaim Their Strength" and serves as a beacon of guidance, support, and empowerment for anyone facing adversity.

Courageous Rebirth is a must-read for those ready to rise, heal, and thrive after life's toughest challenges. Start your journey to empowerment today!



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