

Meet Tamara, Master Communicator and Speaker



I'm Tamara Wrenn Executive Director and Founder of Just Us Women Productions. A master communicator and speaker with administrative and leadership experience in maternal child health, women's fitness and wellness, childbirth, and more

My speaking topics and moderator services skillfully weave my diverse professional background into content which inspires audiences to:

- pursue a healthy lifestyle
- take charge and own their health and wellness, and
- lead in their sphere of influence.

I deliver my talks as a keynote, training, or program to help your audience rise to their full potential.

Just Us Women Productions works with women who are ready to live with vitality providing them with solutions that deliver informational support, education, and encouragement so that they can gain and sustain optimal health and wellness. We serve all women with a special focus on reaching women of color in an effort to reduce health inequities and disparities throughout the lifespan. My services are nourishing to the whole-woman by applying a holistic approach with a spiritual foundation. I show people how to dig deeper, embrace their spirituality, and address the whole-self for greater success - while making every step feel like they are never alone. I help them set goals, take action, and make informed choices for optimal wellbeing.

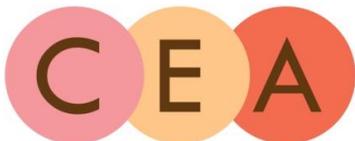
I earned my Masters Degree in Guidance and Counseling from New York University and my continuing education includes staying abreast of trends in public and perinatal health, women's wellness and natural remedies. To add some balance to my life I lead [Zumba® Fitness](#) and [SharQui® Bellydance](#) workout classes where I dance like nobody's watching. I've had the pleasure to work with national organizations providing technical assistance and training on subjects that include the long-term impact of [improving women's wellness through the lifespan](#), putting the theory of the Life Course Model into practice, and applying the model as an intervention to reduce racial and ethnic disparities in infant and maternal mortality.



Professional Background and Affiliations

Tamara is a dynamic speaker, who has presented for a diverse client list that includes the Oklahoma Family Health Coalition, National Sorority of Phi Delta Kappa, 75th Eastern Regional Conference, and many more. She continues to display exemplary leadership characteristics in her role of President of the Childbirth Education Association of Metropolitan New York, Nyack Toastmasters, and other volunteer positions.

Tamara's dedication has been recognized with the following awards: Ruben Diaz, Jr., Bronx Borough President, 2013 Certificate of Merit, Caribbean Heritage Month; 2012 LEAP Equity Award - a collaboration among the Lanza Family Foundation, the Women's Research and Education Fund (WREF) and the Women's Enterprise Development Center (WEDC); 2010 Women's Enterprise Development Fund Alumnae Scholarship; and 2008 WEDC Women & Company® Microenterprise Boost Program Equity Award.



Childbirth Education Association
of Metropolitan New York



Tamara's Solutions Based Signature Talk

TAKE CHARGE! OWN YOUR HEALTH & WELLNESS

Solutions based interactive workshop that inspires you to **live with vitality**, and get the **resources, action steps, and encouragement** you need to:

- Take charge of your overall health and wellbeing
- Create your health & wellness vision
- Design your health & wellness action plan
- Practice health prevention strategies
- Develop resilience
- And more

Tamara delivers this talk as a keynote, training or program. It is possible to successfully deliver it as part of a larger community-based solution to health issues.

Ideal Audience

Women across the lifespan, expecting moms, health enthusiasts, public health advocates, Birth Workers and Specialist, Community Health Workers, and organizations serving these populations.



Tamara's Solutions Based Signature Talk

CALLED TO SOMETHING GREATER: ANSWERING YOUR CALL TO LEAD

Solutions based interactive workshop that delivers 3 action steps you can take to **replace confusion with clarity, fear with faith, and doubt with confidence.**

Get ready to:

- Recognize your true identity
- Engage in self-discovery for personal and professional growth
- Lead in your sphere of influence
- And more

Tamara delivers this talk as a keynote, training or program. In some cases, it is possible to conduct a full-day seminar version.

Ideal Audience

Women across the lifespan who are ready to invest in their unique gifts and talents in order to weave, choreograph, design and live out their vision.



Additional Speaking & Training Solutions

Equipped with a well-rounded background Tamara delivers solutions to real world health concerns.

- The Life Course Perspective: a Practical Approach to Improving Women's Health Across the Lifespan
- Solutions for Reducing Health Inequities and Disparities in Communities of Color
- Stress Busters 101: Tips for Building Your Stress Relief Toolbox
- Achieving a More Mother-friendly Society by Retaining the Wholeness of the Mother-Baby Dyad
- Cultural Solutions to Reducing Infant Mortality in Communities of Color
- Beyond Catching Babies! Integrating the Life Course Theory and the Midwifery Model of Care to Improve the Health of Women, Mothers, and Babies
- 9 Tips for Clear and Confident Communication During Your Prenatal Visits

Tamara delivers these talks as a keynote, panel and presentation. In some cases, it is possible to conduct half-day seminar versions.

Ideal Audience

Organizations that are ready for real-life solutions to improve the health of the women they serve, their families, and the communities they live in.



Tamara's Past Speaking Clients Include

- Oklahoma Family Health Coalition
- National Sorority of Phi Delta Kappa, Inc.
- National Healthy Start Association
- New York State Perinatal Association
- Richmond Healthy Start Initiative
- Wisconsin Alliance for Women's Health
- Southwest Wisconsin Technical College
- Federal Healthy Start Grantee Meeting
- Nassau County Perinatal Services Network
- University of North Texas, Health Science Center School of Public Health
- Office of Minority Health
- New York State Balance
- Racine Infant Mortality Coalition
- Maternal Infant Services Network of Orange, Sullivan, and Ulster Counties
- Real Birth Education Center
- Central New Jersey Maternal and Child Health Consortium
- Lower Hudson Valley Perinatal Network
- 3rd National Summit on Preconception Health~CDC



Success Stories

- ✓ *On behalf of our staff, thank you for being part of our second annual staff retreat. You shared valuable information on wellness and self-care, and provided several activities to promote that. You were just awesome! – K. Acevedo, Director, Office of Preventive Family Team Conferencing*
- ✓ *I enjoyed listening to Tamara's positive and energetic descriptions.- Office of Preventive Family Team Conferencing*
- ✓ *Very poised, very well done. Excellent info presented skillfully. A++*
- ✓ *This retreat blessed me beyond words." - Faith & Fitness Retreat participant*
- ✓ *Absolutely love the description of chronic stress and the effect on the body. [Your use of] Mindful Moment is golden.*
- ✓ *This was a very pleasant experience, also relaxing. Thank you.*
- ✓ *Got me thinking about different things that cause stress.*
- ✓ *Continue doing a wonderful job. This was excellent. Your spirituality is a plus in everything you do. – Linda, National Sorority of Phi Delta Kappa, Inc., Eastern Region*



Reaching Women Everywhere

“Our talks are designed to reach women across the lifespan. Through community groups, churches, businesses, nonprofits, colleges & universities, professional associations, retreats and more.”



Tamara's Speaking Fees

Tamara's speaking, training and consulting fees are value-based. They reflect her commitment to developing quality content. Hire Tamara and inspire your audience to take action in their lives. Specific talks can be tailored for men and women.

Speaking Fee Schedule

- \$2,000 Keynote or Plenary (up to 90 minutes)
- \$2,000 Corporate, non-profit or ministry training (up to 3 hours)
- \$1,000 Breakout session, panel, workshop, or panel moderator (up to 90 minutes)
- \$500 Virtual workshop via teleseminar or webinar (up to 90 minutes)
- Half and Full-day workshops or trainings priced on an individual basis

Your Investment Includes

- Personal phone consultation with Tamara prior to your event
- Planning time, including a follow-up conference call with meeting organizers
- Development of customized, interactive content to meet your specific event objectives
- Development of a customized handout or worksheet, if applicable
- Development of a customized, interactive PowerPoint presentation, if applicable
- Delivery of the presentation
- Quick follow-up communication after the event to determine if your needs were met and share feedback



Tamara's Speaking Policies

Payment Policy

A deposit of 50% of the speaking fee holds the date when you book an engagement. Your event will not be confirmed until the deposit has been paid. The deposit may be made by check or credit card. The balance is due on the day of the program. An invoice will be provided. Late fees may apply.

Travel Expense Policy

In addition to Tamara's speaking fee, reasonable travel expenses are charged to your organization. These expenses may include roundtrip airfare, lodging, ground transportation, parking and/or meals. Travel arrangements can be made directly by your organization (typically the more economical option) or Tamara may be reimbursed for these expenses following the engagement.

Terms and Conditions of Cancellation

Cancellation: If for any reason the organization deems it necessary to re-arrange or cancel the event, the organization will provide notice to Tamara in writing at least three weeks in advance of the engagement date. Tamara will retain any discounted registration related to this engagement and the organization will be held responsible for travel or accommodation expenses incurred. Tamara will retain an administrative fee equal to 20% of the deposit in the event of a cancellation by the organization. If less than three weeks cancellation notice is given, Tamara reserves the right to retain the 50% deposit. If less than 48 hours notice of cancellation is given, Tamara reserves the right to invoice the entire event as a cancellation fee.

Speaker Cancellation: If for any reason Tamara deems it necessary to cancel the engagement, Tamara agrees to provide notice to the organization immediately in writing in advance of the engagement date. Tamara relinquishes rights to any registration concessions/discounts provided as part of this agreement. Tamara also agrees to reimburse the organization for all travel or accommodation expenses incurred by the organization in relation to the cancelled event. In cases where cancellation is made by the Tamara, all parties agree that all release and copy right conditions within this document shall remain in effect.



Contact Tamara for a Free Phone Consultation

About the Booking Process:

During your phone consultation Tamara will learn about the desired objectives for your event, conference or training. Together you will be able to assess the best approach for your group using her talk content and whether Tamara is available on your event date. A written proposal will be provided. Contact her today to secure her services.

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Twitter: @justuswomen

