

COACH TASHA MAC

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



WWW.COACHTASHAMAC.COM

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. Tasha shares her own story of overcoming trauma, loss, and adversity to inspire others to reclaim their strength.

Drawing from 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.

Her Voice

Tasha's empowering voice isn't sugar-coated or timid. It's the voice of someone who's stared down life's darkest corners and emerged, not unscathed, but undeniably stronger. It's a voice that demands attention not with brashness, but with a quiet authority earned through hard-won battles. 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. She's here to share that even in the face of life's fiercest storms, there's always a way to find footing and forge a path forward.

Speaker Topics

- 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

Clients Featured On

