# Tara Geraghty

# Resilience, Confidence & Leadership Expert

Tara is a certified Resiliency & Confidence Life Coach with over 25 years of experience in leadership development. As a Counseling Practitioner with certifications in REBT Mindset & Confidence Coaching, she empowers teams to overcome challenges and unlock their full potential. A survivor of domestic violence & a mother of a stage 4 childhood cancer survivor, Tara's unique perspective has made her a soughtafter Top 5 TEDx speaker. She is the founder of Hey Girl, You Can, a global community of 45K+ women, & an Amazon #1 New Release author.



#### SIGNATURE TOPICS

- ✓ The Impactful Leader: Driving Results through Vision and Influence
- Embracing Change: How to Adapt and

  Thrive in Uncertain Times
- The Gratitude Advantage: Cultivating Positivity for Peak Performance
- Strategic Networking: Unlocking Connections for Career Growth
- The Power of Perspective:Developing a Winning Mindset

#### FEATURED IN















**#**msnbc





**UP JOURNEY** 





### CLIENT FEEDBACK

"Tara's ability to captivate the room of 20 young women was unlike anything else we had ever seen. Additionally, after three years of running the conference and several dozen guest speakers, Tara received the highest score we have ever had from our attendees. We were absolutely thrilled to receive feedback from the volunteers stating: "Tara gave us REAL tangible advice and taught us things we didn't already know", "This woman was AMAZING! She was so inspiring and after hearing her speak, she made me want to go out and change the world in every possible way I could!", and "I already knew we had an impact, but she made any doubt about what we do making a difference, go away."

Kylee Lauren McGrane Founder and Executive Director A Moment of Magic

"You inspired people in the room that had no plan to give. A person behind me raised their paddle high and bid on the vacation packagethis was their first time at the Gala, and they were so inspired by you, that they spent \$17,000 without planning to! During the paddle raise so many people participated raising their hands and donating, \$100, \$1000, \$5,000, \$10,000 and even \$20,000! Our auctioneer had already sponsored the event with no intention of making an additional donation, but she was so inspired by your story that she made a \$20,000 donation. I firmly believe you helped us raise an additional \$75,000 -\$100,000 that evening."

Randi Zamkotowicz
Chief Development Officer
180 Turning Live Around

## CONTACT DETAILS



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