



# Tami Pritchard

Tami Pritchard is a 35-year corporate professional, climbing her way up the ranks in two distinct industries including the highly competitive, fast paced world of wireless telecommunications.

She was like a lot of women, trying to do it all. The tides changed for Tami in 2018 after suffering a very public panic attack on a business trip. While the episode was jarring, it proved to be a valuable catalyst for change. She embarked on a three-year journey to learn how to manage stress...all without quitting her job.

Her methods of proactively addressing and ultimately preventing the effects of chronic stress and burnout worked extremely well for her and people close to her. It was noticing this trend that led her to write *The Corporate Maniac* and tell her story in front of audiences across the nation.

Today she is a highly sought-after speaker and certified integrative health coach. Her approach is to show others how to change on a physical, mental, emotional, and spiritual level.

## Speaker topics:

### BANISH BURNOUT IN 3 EASY STEPS:

1. Change: Why is it so hard?
2. Lifestyle: Time to Clean Things Up
3. Boundaries: You Have to Set a Few

### BOUNDARIES FOR MY FELLOW CORPORATE MANIACS:

1. Unpack Why Boundaries Are Scary?
2. Define Your Soft and Hard Boundaries
3. Verbal and Non-Verbal Boundary Setting (hint: start with the non-verbal)

### LIFESTYLE HACKS FOR BUSY PROFESSIONALS:

1. Extra 15 Minutes Everywhere: The Value of Shortening My Routines
2. Get it Delivered: The Value of Subscription Services and Grocery Delivery
3. Win the week: The Value of Sundays