

A woman with dark, curly hair is smiling and leaning against a light-colored concrete pillar. She is wearing a teal, long-sleeved, button-down top with a pocket and blue pants. She is also wearing large gold hoop earrings and a gold necklace. The background shows a blurred outdoor setting with greenery and a building.

Tara Pringle Jefferson
speaker deck

**MY SUPERPOWER?**

*creating
inclusive
spaces for
women to
flourish...*

My passion for self-care was born as a result of my own life experiences with fighting through bouts of postpartum depression after having both of my children.

To reclaim my sense of self, I began going to therapy and through that process, self-care care became the catalyst that reintroduced me to the woman I once knew myself to be.

Since 2015 I have been spreading the gospel of self-care, speaking not only at my own events and workshops, but at national conferences, small nonprofit gatherings and everywhere in between.

It is a thrill to have a front row seat as a woman discovers her voice and how to wield it.

speaker bio

TARA PRINGLE JEFFERSON

Tara Pringle Jefferson is a writer, speaker, and self-care coach who specializes in helping women cut through the clutter of their lives and plant themselves back at the center.

As the founder of the Bloom Beautifully Box, a subscription box that delivers self-care to your door, she is determined to start a movement that cancels chaos and creates a sense of peace for women everywhere.

Tara's platform for self-care includes a series of workshops on stress reduction, time management and personal development, all of which culminate in an annual self-care retreat in exciting cities across the country.

A voice of authority on themes surrounding self-care, women's empowerment, and digital entrepreneurship, Tara regularly speaks at national conferences and events on these topics.

She runs a private coaching group, the Self-Care Suite, now more than 600 members strong. In the group, she challenges women to not only take inventory of their lives, but to make long-lasting, sustainable changes, with the support of the larger community behind them.

She has been featured in or on Essence and Kiplinger magazines, Babble, BuzzFeed, The Happy Black Woman podcast, and Sirius XM radio. In 2016, she was recognized by Kent State University as a distinguished alumna for her work in the community with young mothers and women.

A true renaissance woman, Tara also runs her own boutique communications consultancy, with a focus is social media strategy, writing, and editing. She's a proud, card-carrying member of Beyonce's Beyhive who loves to indulge in a good book as often as possible, and resides in Stow, Ohio with her husband and children.

workshops

As the founder of the Self-Care Suite, Tara Pringle Jefferson is a nationally recognized leader of self-care and stress management workshops nationwide. Since 2015, she has produced both in-person and online events and workshops for members of her multicultural, intergenerational community of women affectionately known as SuiteHearts.

A sample of the workshop topics she has produced can be found below. If interested in having her speak to your group, contact her at tara@theselfcaresuite.com. Workshop topics can be customized for length, audience, etc.

TOPIC #1

people pleasers anonymous

This workshop is for people who have a default setting of "yes!" They find themselves saying "yes" when you want to say "no," and want to be liked more than they want to be honest. This workshop will help attendees reclaim their voice, adjust their expectations of others and live a more authentic life. [Note: This workshop includes audio/video.]

TOPIC #2

building boundaries

Boundaries are the building blocks for all healthy relationships. Hazy or undefined boundaries can cause stress, frustration and overwhelm in personal or professional situations. This workshop will lead attendees in analyzing their current (or non-existent) boundaries, give them strategies for developing stronger ones, and a blueprint for enforcing their boundaries for greater peace of mind.

TOPIC #3

the secret sauce of self-care

Sometimes we hear the word "self-care" so often that it loses its meaning. It's deeper than bubble baths and more life-changing than a monthly pedicure. In this workshop, attendees will create their own definition of self-care, formulate a self-care contract with themselves and discover strategies to create time for themselves where they previously thought none existed.

workshops (con't)

TOPIC #4

bouncing back from burnout

We've all been there: upset stomach. Headaches. Fatigue. All classic signs of burnout, the physical or mental breakdown caused by stress. This workshop uses hands-on exercises to help attendees course-correct, whether they just hit their limit or have been struggling in the deep end for a while.

TOPIC #5

audre lorde taught me: defining yourself for yourself

"If I didn't define myself for myself, I would be crunched into other people's fantasies for me and eaten alive." Audre Lorde told no lies with this quote. This workshop builds on Lorde's work and draws from other feminist thought leaders to set the table for an hour of self-definition. Attendees will be lead in quiet meditation, journaling and small group discussions to walk away with a stronger sense of self and clarity on their purpose.

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