

# Tanisha Shanee

Speaker, Healthy Lifestyle Strategist, Author

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Tanisha Shanee is here to encourage and inspire men and women – young and older - to identify unhealthy lifestyle habits and to devise a strategy that will reward them with the ability to live a healthier and happier life on purpose – with purpose. Most people are unaware of the generational curses and habits they have inherited that it has transferred to their own beliefs – which impacts their mind, body, and spirit. Tanisha seeks to inspire people to open their eyes to the healthiest and happiest life destined for them from the day they were born.

What started as a weight loss journey of releasing over 100 pounds in 2012, opened Tanisha's eyes that not only was she not healthy physically, but she was unhealthy mentally, emotionally, spiritually, and socially. Applying the same lifestyle habits she devised to release a tremendous amount of weight, Tanisha applied it to her life and there she found PURPOSE. Tanisha understands what an unhealthy life looks like; therefore, she knew being healthy and happy was the foundation to a purposeful life.

As a result of one interaction with Tanisha Shanee, you will walk away feeling INSPIRED to seek the true life destined just for you. You will desire to explore healthy living in every capacity of your life and start to devise this amazing life she has created for herself and many others.

***Tanisha's messages will ignite something in you. She will make you want to start making changes in your life immediately – whether in living healthier or with purpose!***

Tanisha loves working with small groups or inspiring a large audience to either encourage healthy living or open their eyes to purpose and hidden secrets of life. When people leave an encounter with Tanisha Shanee, they walk away saying, "You're such an inspiration!" This is why she is deemed, **Miss Inspiration**.

When you desire to work with Tanisha, you will receive authentic, transparent, and genuine conversation and teaching that will leave you wanting to find the life secretly waiting for you.

Tanisha Shanee has offered her wellness and lifestyle expertise to publications such as *WebMD*, *Dr. Oz The Good Life*, *Prevention Magazine*, *American Express*, and several others. Her amazing transformation story has appeared in publications such as *Cosmopolitan*, *Eating Well Magazine*, *First for Women Magazine*, and many others over the years.

Tanisha is an author of ***Transition To A Healthier You*** – which has sold throughout the US, Caribbean, Canada, Australia, Europe, and Germany, and ***The Healing Journal – Inspirational Words by...*** She conducts a virtual course, *Healing For Purpose Master Class* and *Faith Weight Program*, and hosts *The Inspirational Corner Segment* on ***The J Spot*** on Harlem's **WHCR 90.3 FM**.

## Available For:

- Conferences & Keynote
- Professional Development Workshops
- Workshop Series
- Seminars & Webinars
- Executive and Personal Coaching

## Topics:

### Find Your Healthy: It's A Lifestyle

Identify how to start establishing a healthier lifestyle. This interactive workshop brings physical fitness to life with the true understanding of nutrition – no gimmicks

### Transition To A Healthier You

Learn how to identify unhealthy habits and replace them with healthier decisions – mind, body, and spirit

### Living Your Life On Purpose

Identify the lifestyle habits that are preventing you from living a purpose and identify what your purpose is

### I Am Still Here

Turn your past situations and turn them into your life's missions

### Did I Say That? Social Media 101

As you walk in purpose, everything you say and do is monitored by the people you will potentially influence or impact

### Forget the Job – I Want PURPOSE

3-5 **Workshop Series** to help individuals identify what their purposes are based on their interest, skills, and dreams





## What are people saying about Tanisha Shanee?

*Tanisha Shanee* is a joy to listen to as she so eloquently speaks about being your best self! I love that she shares her OWN life experiences which are sometimes rather personal. She is our cheerleader and roots us on to becoming our most comfortable selves. I am NOT a person who readily seeks anyone's feedback or advice, being the one people always come to, but even the strong willed and minded need an ear or words of advice. She has been my go to person when I need help and I KNOW I will be listened to and get sage advice.

**J. Benjamin**

I spent a couple of months coaching with Tanisha, not just healing my body, but healing my mind as well. What a wonderful experience. She helped me get back to a place of hope and happiness and I loved and looked forward to our calls because it was like speaking to my sister! She is truly exceptional at what she does. Thank you Tanisha for everything!!!

**A. Jean-Baptiste**

What motivation! Keep going and motivating us all. Love you for real.

**Mo'Nique (Comedian Via Twitter)**

I literally just had this conversation before this workshop, "Living Your Best Life – On Purpose." I said to someone, I know I am not living my full potential, but I am not being upfront about what I need to do. Tanisha opened my eyes today. Thank you!

**Kirsten J., PS/MS 306 (Brooklyn)**

Inspiring! Tanisha is very inspiring and I look forward to her messages. Thank you for your time and dedication.

**Jacqueline M.**

*Very inspirational! Sometimes, you need to lead by example. Tanisha is an example of an extraordinary woman who overcame a lot to get to the healthy place that she is right now. Her journey was not easy, but it was definitely doable and she proved that. We need more women like her in this world.*

**N. Sepulveda**

I've worked at Pratt Institute Community Council for several years and she was the best speaker in my opinion. Thank you for coming!

**Jenely**

### Partial List of Clients

- *Monroe College, Bronx, NY*
- *Pratt Institute Community Council, Brooklyn, NY*
- *Allen School of Health Sciences, NY, NY*
- *Epiphany Blue, NY, NY*
- *Planet Fitness, Aurora, IL*
- *The Powerful Woman Conference, Brooklyn, NY*
- *New York City Department of Education*
- *NYC School Construction Authority*
- *Nazareth Regional High School, Brooklyn, NY*

## FEATURED IN

