



Success
is an **INSIDE GAME.**

mind.body.business.

Startup Strategist & Coach | Speaker | Author

TD **TaVona**
DENISE

TaVona's message is perfect for:

Life Coaches • Wellness Professionals • Women Entrepreneurs

Speaking Topics

- **The Grind: How trying to start a business is like trying to lose weight**

Have you ever tried to achieve a goal and keep missing the mark? TaVona gained and lost weight several times before she learned how to create a healthy lifestyle, lose the weight and keep it off. She then used that system to develop a thriving business.

In her signature talk, TaVona will use her personal story of failure after failure to lasting success in not one, but two daunting areas - weight loss and building a business. You will walk away with the blueprint to create your personal success.

- **Finding Your Genius: How to get clients when everyone is doing what you're doing**

In a world where more and more people are stepping out and starting their own business, how do you stand out?

During this talk, TaVona will walk you through her blueprint for standing out in a sea of sameness so your ideal clients will come to you.

- **From Overwhelmed to On Fire: How to avoid burnout as a business owner**

How do you keep going when everything falls on your shoulders? In this talk, TaVona lays out the 5 essential components-including how to set and crush your business goals and how to achieve success without pulling your hair out.



Helping ambitious women find their genius, launch their business, and leave the 9 to 5!

Booking Information:

For more detailed information about TaVona's presentation topics or to book her for your next event:

Phone: 404-926-6421

Unstoppable@TaVonaDenise.com

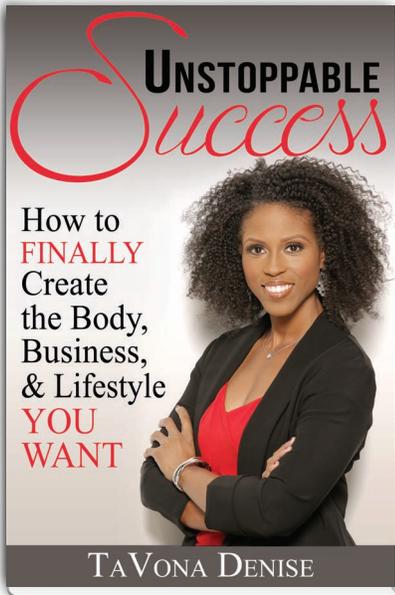


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Book TaVona TODAY

TaVona is available for: Keynote addresses • Workshops & Seminars • Panel Discussions
Call 404-926-6421 or email Unstoppable@TaVonaDenise.com



Atlanta-based business accelerator, life coach and avid cyclist, TaVona Denise lives and breathes by the motto, “success is 80% mental, 20% skill.” She is a licensed Physical Therapist with over 14 years' experience, owner and operator of a physical therapy contracting company since 2007. With certifications in life, weight and wellness coaching, her specialty is helping new entrepreneurs get past fear and overwhelm, get their business up and running, and start their own thriving business.

Speaker and author of, *Unstoppable Success: How to Finally Create the Body, Business and Lifestyle You Want*, TaVona teaches entrepreneurs the steps she used to finally get rid of 80 pounds and keep it off and how she used those principle to build her dream business. Her mission to help people find their zone of genius, silence the voice of fear and make money by making a difference.

Testimonials

TaVona really helped me realize the power I have inside me. I didn't even realize I already knew what I needed to do until we talked. She helped me own my power, change my words and get moving again in my business by providing clarity. She showed me it was ok to not know everything and I know now I really can do what I want - for myself and my business.

-Loreal Moss, Copywriter and Editor

I reached out to TaVona because I needed some direction and guidance after taking some time off. She helped me get clear on the result I wanted to create, the beliefs I would need to have and the exact action steps I would need to take to get that result. Now I have clarity and focus!

-Barbara Foxworth, Business Coach

I had no idea how much could be accomplished in four sessions with TaVona! My time with her so far has completely changed my focus and given me the tools and confidence to know that I can and will have a successful business.

-Alison Caldwell, Weight Loss Coach

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