



# Tanya Jolliffe

## Motivational Speaker & Wellness Culture Creator

Tanya is an international motivational speaker with decades of experience as a health coach, nutrition therapist, and behavior change transformer. Tanya works with individuals, groups, and organizations to amplify food and body freedom and empower people to end diet culture to become a better version of themselves. Tanya is also the author of a mindfulness journaling book, "The Mindful Me Journey: A 40-Day Guided Journal Toward a Healthier Relationship with Food and Exercise."

HEARD ON

**Beyond Risk &  
Back Podcast**

**MOTIVATION  
WITHOUT THE  
HYPE PODCAST**

**Leading the Best  
Podcast**

**BODY TALK  
PODCAST**

## SIGNATURE TOPICS

- ✓ Developing a culture of wellness
- ✓ Body acceptance
- ✓ Food freedom
- ✓ Lifestyle behavior management
- ✓ Prioritizing Wellbeing and Health in the Workplace

## LET'S WORK TOGETHER!

Please feel free to contact me for questions or to collaborate.

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