

# TANASHA S. ALLWOOD

**AUTHOR • MEDIA PERSONALITY • RED CARPET HOST • SPEAKER • STORYTELLER**

Author of Grateful Wounds: Healing Through the Hurts That Broke Me Open

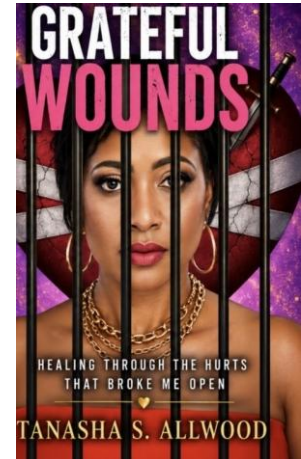


## ABOUT TANASHA

Tanasha S. Allwood is an author, media personality, red carpet host, speaker and storyteller whose work sits at the intersection of healing, resilience, mental health, motherhood and personal transformation. With more than 20 years of experience in human resources, coaching and public speaking, she brings a people-centered perspective to conversations about adversity, reinvention and purpose.

## GRATEFUL WOUNDS

Her debut memoir explores vulnerability, therapy, motherhood, the incarceration of a loved one, rediscovering identity, and learning to find gratitude within life's deepest wounds. She also hosts the Grateful Wounds Podcast.



## MEDIA + ENTERTAINMENT

- Former VIP Experience Manager - Live Nation
- Red carpet host & entertainment interviewer
- Contributor/Host - Indie Entertainment Media Magazine
- Media/Press - Dances With Films
- Featured: Good Morning Texas, WFAA-8, CW33 & NBC5
- Radio: DeDe In The Morning/K104 FM & 97.9 The Beat
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## SPEAKING + INTERVIEW TOPICS

- Healing Through the Wounds That Broke Us
- Vulnerability as Strength
- Motherhood & Loving Someone Through Incarceration
- Mental Health, Therapy & Personal Transformation
- Rediscovering Yourself After Difficult Seasons
- Women, Purpose & Reinvention
- Storytelling as a Tool for Healing

## AFFILIATIONS

Board of Advisors - Girls In Focus • Board of Advisors - MiraLA Film Festival  
Brand Ambassador - Monique Woolley Foundation

## CONNECT

**TanashaSAllwood.com • @tanashasallwood • Tanasha.Allwood7@gmail.com**

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