TANASHA S. ALLWOOD

AUTHOR • SPEAKER • HR & EMPLOYEE RELATIONS LEADER • MEDIA PERSONALITY

Published author of ***Grateful Wounds: Healing Through the Hurts That Broke Me Open***, Tanasha S. Allwood brings together more than 20 years of human resources experience, lived experience, media storytelling, and a deeply personal healing journey to create conversations that move people.

Her message: ***What wounded you does not have to be the end of your story.***

SPEAKER BIO

Tanasha S. Allwood is a published author, inspirational speaker, human resources and employee relations leader, media personality, and advocate for healing, mental health, and women's empowerment. She is the author of Grateful Wounds: Healing Through the Hurts That Broke Me Open, a memoir about navigating life's unexpected wounds, finding the courage to seek therapy, rediscovering herself, and learning to transform painful experiences into purpose.

With more than 20 years of experience in Human Resources, Tanasha has built a career centered on people. Her background spans employee relations, workplace investigations, recruiting, training, performance management, interviewing, coaching, and leadership. She brings that professional perspective together with the lessons she learned outside the workplace — through motherhood, major life transitions, supporting a loved one through incarceration, and the difficult realization that while caring for others, she had lost pieces of herself.

Therapy, faith, movement, creative expression, vulnerability, and storytelling became important parts of her healing. Those experiences ultimately became the foundation for Grateful Wounds and the message she now carries into rooms: healing does not require hiding the chapters that hurt.

Through candid storytelling, warmth, humor, and practical insight, Tanasha creates space for audiences to examine their own lives without shame. Her work speaks especially to women, mothers, young adults, families impacted by incarceration, people navigating major life transitions, and anyone learning how to move forward when life looks nothing like they imagined.

Tanasha's voice also extends into entertainment and media through television and radio appearances, red-carpet hosting and interviews, entertainment journalism, event coverage, and community advocacy. Across her work, one belief remains constant: stories matter, connection matters, and telling the truth about what we have survived can give someone else permission to begin healing.

SIGNATURE SPEAKING TOPICS

GRATEFUL WOUNDS: HEALING THROUGH THE HURTS THAT BROKE ME OPEN

A signature keynote on vulnerability, therapy, identity, resilience, and transforming life's painful chapters into purpose.

A MOTHER LEFT BEHIND

An intimate conversation about the families and mothers who carry the emotional consequences of incarceration alongside the person serving the sentence — and what it means to love someone without abandoning yourself.

YOU ARE MORE THAN WHAT HAPPENED TO YOU

An empowering message for women and young adults about relationships, motherhood, disappointment, identity, starting over, and refusing to allow one chapter to define an entire life.

THE HUMAN SIDE OF THE WORKPLACE

Drawing on more than two decades in Human Resources, Tanasha explores empathy, difficult conversations, workplace relationships, belonging, resilience, and people-centered leadership.

IDEAL AUDIENCES

Women's conferences • Colleges & universities • Mental health organizations • Reentry and justice-impacted organizations • Corporate & HR conferences • Leadership programs • Community and faith-based organizations • Podcasts & media

SELECTED MEDIA & EXPERIENCE

Television & radio appearances • Red-carpet hosting and interviews • Entertainment journalism • Community advocacy • 20+ years in Human Resources

BOOKING & MEDIA INQUIRIES

TanashaSAllwood.com • Instagram: @tanasha_allwood