



# SPEAKER PROPOSAL

Tinell Dickens is Available to Speak at Your Conference

*"Rethink what's possible for you"*

**TINELL DICKENS**  
Speaker and Master Life Coach

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# INTRODUCTION

Here at 1Woman Movement, we believe in empowering women to play active and influential roles in society. We do this by providing transformational coaching, mindset coaching, and 1-on-1 coaching experiences that create breakthrough moments for our clients.

We know that conquering the battle of the mind is most of the work. Women face many challenges to success. Some include lack of support, fear of failure, gender inequality, and the challenge of balancing life's responsibilities.

We are committed to supporting women who want to challenge the status quo by transforming their beliefs, and their lives so they can live out their dreams.



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# BIOGRAPHY



Tinell is the founder of 1Woman Movement and has a background in Christian counseling and a number of certifications in Professional Life Coaching. She is a strong advocate for those who are hurting and a beacon for those searching for an understanding of their existence and contribution to society. Tinell is a Women's Rights Proponent, International Public Speaker, and an Affiliate Member of the Institute of Coaching. Tinell holds a degree in Christian Counseling and Certificates in Information Technology, Business Administration, and Women's Entrepreneurship Studies.

Tinell endeavors to support self-empowerment, success, and equipping of emerging women leaders.

Tinell has appeared in the Trinidad and Tobago Express Women's Week newspaper and has been featured in a number of publications geared toward highlighting the worth of women. She has also made guest appearances on different podcasts to discuss topics such as "The Impact of Authentic Leadership". She has had several years of experience assisting women to break past internal boundaries and leap into purpose.

Throughout her life, she has encountered many obstacles and has triumphed over them. She now uses her platform to be a voice that calls women out of the shadows of hurt and into the possibilities that exist.

Tinell is committed to helping women own their leadership roles, walk in authenticity, discover purpose, and gain success as world-changing women.

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# MOTIVATION

In pursuit of helping emerging WOMEN LEADERS build a better future for themselves and their spheres of influence, Tinell creates a safe space to promote honest and open discussion so that barriers to advancement can be torn down. It is in that moment that the desire for identity, discovery of purpose, and development of greater vision can be seen.

**Identity:** Women need to know that they are their greatest asset. For women to gain the most from our strengths, we need to know who we are.

**Purpose:** When women embrace who they are called to be, this sets the foundation for self-discovery regarding what they are destined to do and become. With this discovery of self, the way forward is made clearer.

**Vision** With a clear vision for the future, emerging WOMEN LEADERS can set a course of planning, preparation, implementation, and success.

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# KEYNOTE SPEAKER

Tinell has been called upon and sought-after to speak to women from a host of different backgrounds and cultures and relates on a personal level with those she coaches. She has also written for publications as well:

She has spoken at a number of conferences such as:

- **Women Thrive Global Summit LEAP Women's Conference**

Also, she's been featured in and written for:

- **Work Your Business Magazine**
- **Glitz Magazine**

Additionally, Tinell has been a guest on the podcast: "Stop Devaluation"

- **"Women Making History"**
- **"Visibility Unmasked"**

...and so much more!

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# SPEAKER TOPICS & ITS RELEVANCE

## **Worthy**

We are to stand as champions of our own worth, recovering our self-value while eliminating the past obstacles and mindsets that dim our ability to shine. This talk is designed to take the audience on a transformative journey to uncover the treasures within themselves, delivering a resounding message that demolishes self-doubt and negative narratives. Mankind holds intrinsic value and this talk helps us navigate the path towards recognizing our intrinsic worthiness, igniting personal growth, and creating a life where we are empowered to rise above the dust and allow the brightness of our rising.

## **Women in Leadership**

This topic explores the unique challenges and opportunities women face in leadership roles across various sectors. It delves into breaking down gender stereotypes, overcoming bias, and cultivating leadership skills that align with feminine strengths. By addressing the barriers that women encounter in leadership, this topic empowers women to step into leadership positions confidently. It highlights the value of diverse perspectives in decision-making and encourages women to lead authentically, fostering positive change within organizations and communities.

## **Transformation Mindset**

A transformation mindset involves embracing change as an opportunity for growth and personal development. This topic guides individuals to shift their perspectives on challenges, setbacks, and uncertainties, viewing them as catalysts for positive transformation. Cultivating a transformation mindset empowers women to navigate life's transitions with resilience and optimism. It helps them overcome obstacles, develop adaptability, and emerge stronger from difficult situations. This topic encourages attendees to embrace change and proactively shape their futures.

## **Overcome fear and rise in Confidence**

Explore a compelling topic that delves into the factors that assist in cultivating self-assurance and challenge conventional notions. This discussion not only teaches methods to build and maintain confidence but also disrupts limiting beliefs, altering the course towards self-assurance. Empowering women to transform their lives, confidence becomes a driving force that pushes them to step out of their comfort zones, embrace leadership roles, and pursue aspirations with unwavering conviction. By enhancing communication skills, enriching decision-making abilities, and nurturing a strong sense of self-efficacy, this transformative conversation is an opportunity not to be missed.

## **Reclaiming You**

Rediscover your authentic self by empowering yourself to create a life that aligns with your core values and beliefs. This transformative topic focuses on reducing the impact of past hurts, setbacks, and disappointments while replenishing your sense of purpose and fulfillment. Through the journey of reclaiming their true essence, women can advance their personal and professional development, fostering meaningful connections and genuine relationships. By embracing authenticity and reclaiming yourself from life's storms, you'll not only lead with integrity but also contribute to the creation of a more inclusive and supportive environment. This topic encourages you to develop a renewed sense of self, ultimately leading to greater empowerment and personal transformation.

## **Waking up to your purpose**

Imagine rising from a slumber induced by life's challenges, now ready to design a path that aligns your passions with actionable steps. This intriguing topic delves into the art of improving your sense of purpose, advocating for a life driven by intentionality and enriched fulfillment. Just as you navigate crossroads or seek fresh perspectives, consider this discussion a guide on your journey of self-discovery and growth after an awakening. Through education and insights, you can increase your clarity and embrace a transformative path, no longer letting challenges lull you into complacency.



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# PRESENTATION STYLE

Tinell's presentation style is dynamic, interactive, and deeply engaging, fostering a supportive atmosphere where every participant feels empowered. By sharing relatable narratives and equipping participants with tangible tools, she instills a sense of empowerment, empowering them to take charge of their personal and professional development. By providing practical techniques and breakthrough moments for mindset shifts, participants walk away confidently tackling challenges and leading more gratifying lives. Ultimately, Tinell's goal is to leave a lasting impact, inspiring personal growth, courage for life, and soul healing in the audience.



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# TESTIMONIALS

Through careful guidance, and direct and deliberate conversation, those who fully participate yield lasting results that further shape them into the women they've been searching for. There is consistent feedback and testimonials of those who have gained so much. Specifically in the LEAD program, women share similar testimonies of their growth and development

**1. "Since taking the LEAD course I have grown so much. I have signed up for the 1-on-1 coaching. Trust, believe and walk out on faith".**

**- The Director Housing Authority City of Frederick- Tonya A.**

**2. "The Lead Program has been inspiring, insightful, and extremely informative. It has allowed me to really dig deep with some serious issues and misconceptions on my journey to purpose."**

**- CPA - Melissa D.**

**3. "I am a graduate of the mentorship program and I must say I came out better than the way I came in. If you're afraid, then go in afraid because, at the end of the day, you will become fearless"**

**- Entrepreneurship - Heather P.**

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# PRESENTATION FORMAT

## **Keynote Speech:**

Duration: 30-60 minutes

Description: A dynamic and inspiring address that sets the tone for the event. Captivate the audience with powerful stories, insights, and actionable takeaways related to women's empowerment, personal growth, and leadership.

## **Workshop:**

Duration: Half-day (3-4 hours) or Full-day (6-8 hours)

Description: An interactive and in-depth session that delves deeply into specific topics. Attendees will engage in exercises, discussions, and activities to gain practical tools and strategies for personal development, leadership, and empowerment.

## **Panel Discussion:**

Duration: 60-90 minutes

Description: A collaborative conversation featuring a panel of experts, including myself, where we explore various facets of women's empowerment, leadership, and personal growth. Attendees benefit from diverse perspectives and actionable insights.

## **Breakout Sessions:**

Duration: 60 minutes each

Description: These smaller, focused sessions offer participants a chance to explore specific subtopics in greater detail. Each session could cover areas like building self-confidence, embracing authenticity, or developing leadership skills.

**NB:** Please note that the durations mentioned are approximate and can be adjusted to suit the specific needs and schedule of your event. Additionally, I'm open to tailoring the content and format to best align with the goals and preferences of your organization and attendees.

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# BOOKING

Tinell is ready to help women own their leadership roles, walk-in authenticity, discover purpose and gain success as world-changing women. For more information on bookings, please email:

You can also find her on social media:

Website: [www.1womanmovement.com](http://www.1womanmovement.com)

Email: [tinell@1womanmovement.com](mailto:tinell@1womanmovement.com)



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# CREDENTIALS

## COACHING CERTIFICATIONS:

- Certified Master Mindset Coaching
- Certified Master Professional Life Coaching
- Certified Entrepreneurship Coach
- Certified Transformational Coaching
- Certified Emotional Intelligence Coaching
- Certified Employee Performance
- Conflict Resolution Training
- Certified Business Fundamentals and Startup Coach
- Mental Health First Aid Training

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# ENDORSEMENT

Tinell stands out as a multifaceted entrepreneur, adept coach, and compelling speaker, leaving an indelible impression on prominent gatherings including the Women Thrive Summit 2022, Leap Women's Conference 2022, and the distinguished Career and Leadership Seminar. Noteworthy is her role in orchestrating a thought-provoking discourse themed "Empowering Women to Embrace Their Greatness" at the Ghana Media School. Furthermore, Tinell lent her expertise to the "Women in Film Panel" during the esteemed Black Star International Film Festival.

Serving as a beacon of empowerment for women in leadership, she inspires fellow female leaders to cultivate a more inclusive environment that effectively addresses the distinct challenges obstructing their path to success.

*"It's a time for women to overcome the internal hindrances that are creating consistent setbacks to their progress, so they can truly make a difference. Women are being called out of the shadows in every sphere of influence. It's our time."*