



Tate Barkley is a speaker, author, educator, and a 32-year practicing litigation attorney. For years he lived his life in shame—of living in poverty, of his alcoholism and addiction, and of being a closeted gay man. This shame affected his relationships and prevented him from being fully engaged with his family, his friends, and his work associates. Tate's 25-year recovery journey has compelled him to write and speak on the themes of releasing shame, self-acceptance, mental wellness, recovery, resilience, as well as personal integrity and ethics. In his keynotes, he recounts his own experiences as a victim of shame and a recovering alcoholic while leading his audiences through his proprietary five step process to developing humility and achieving authentic empowerment. Alcoholics Anonymous defines humility as a "clear recognition of who and what we are, followed by a sincere attempt to become what we could be." Tate's story demonstrates to audiences how humility can become a secret weapon to shedding shame and restoring the resilience with which we are all born. His energy, self-deprecation and sincerity provide a thoughtful and uplifting experience for his audiences. Tate's five step process is appropriate for all audiences and is beneficial to for-profit and nonprofit organizations.