

# Tate Barkley

[tate@tatebarkley.com](mailto:tate@tatebarkley.com)

713.702.9198

<https://tatebarkley.com>

---



## Keynote Proposal

“Sunday Dinners, Moonshine, and Men”

## Abstract

*Sunday Dinners, Moonshine, and Men* is a keynote based on my memoir published in 2023. I share stories from my book that illustrate the ways that shame can inhibit our ability to live authentically. Along the way, I offer some of the tools that I’ve learned during my 25 years in recovery to inspire others to embark on their own journey toward resilience and personal empowerment.

*“Tate Barkley is a masterful storyteller. Whether it’s in writing or up on stage, he brings to life his story which is absolutely incredible.”*

– Rebecca L., Chief Operations Officer

## Learning Outcomes

1. Learn how to identify the sources of shame in your own life and how they might be limiting you.
2. Learn the steps to take toward self-acceptance.
3. Make a plan to apply honest self-acceptance to your everyday life.
4. Discover the secret weapon for shedding shame.
5. Learn how to restore personal resiliency.

## Format

This keynote is one hour, however it can be customized to a three hour program that can include a book signing, an extended meet and greet, or a question and answer session.

Bulk book orders are available upon request.