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Keynote Proposal

“Shedding Shame and Restoring Resiliency:
The Healing Journey of an Addict”

Abstract

Every human is born resilient. As a species we would not have survived this long without resilience. Studies show that one of the leading causes of developing addiction later in adult life is childhood trauma. Adverse events experienced in childhood, such as poverty, abuse, and neglect often result in deep-seated feelings of shame. Shame affects our relationships and prevents us from being fully engaged with our families, our friends, and our work associates. But most importantly, it keeps us from being authentically ourselves. In this program, I share my own experiences as a victim of shame and a recovering alcoholic, leading audiences through my five step **HEALS™** process to developing humility, recovering our innate resilience, and achieving authentic empowerment.

“Whether in small venues or enormous auditoriums with hundreds of people, Tate’s able to get connected with the audience, let them understand, be persuaded and learn something..”

- Steve B. Attorney

Learning Outcomes

1. Develop an understanding of how authentic self-acceptance impacts an individual’s contributions and overall ability to advocate for his or her self.
2. Learn the secrets behind honest self acceptance and discover the secret weapon to shedding shame and restoring resiliency.
3. Create a personal action plan to apply the five step **HEALS™** process to develop humility, recover resilience, and achieve authentic empowerment.

Program Format Options

My five-step process is appropriate for all audiences, in particular those who are struggling with self-empowerment and/or addiction. In addition, the process benefits both treatment professionals and managers in for-profit and nonprofit organizations.

- This is an upbeat 40-60 minute keynote that highlights restoring resilience and overcoming the chilling effects of shame.
- This can also be a 3-hour program that can include: the keynote, a book signing, an extended meet and greet, or a question and answer session.
- Workshop/Breakout Session Option includes interactive session with accompanying workbook.

