



Tate Barkley is a speaker, author, educator, and a 32-year practicing litigation attorney. For years he lived his life in shame because of his poverty, his alcoholism and drug addiction, and 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

recovery, resilience, releasing shame, self-acceptance, mental wellness, as well as personal integrity and ethics. In his keynotes, he shares his personal stories as a victim of shame and a recovering alcoholic, and walks audiences through his research-based, five-step HEALS™ process that helps people develop humility, recover their innate resilience, and achieve authentic empowerment.

Tate's energy, self-deprecation, and sincerity provide a thoughtful and uplifting experience for all audiences. His programs are appropriate for treatment professionals, as well as individuals that are undergoing treatment. Over the years, Tate has shared his story with Regional and National-level organizations, including the National Association of Tax Professionals, the Texas Opioid Treatment Alliance, the Western Division of the U.S. Forest Service, the Tax Assessor Collectors Association of Texas, and the Texas Bar Association Lawyers' Assistance Program. He has also served on the Board of the Fort Bend Council on Substance Abuse, Inc.