



# Tammy René

Ambassador for Hope, Healing, and Thriving

## SPEAKING TOPICS

### The Power of Small Acts

- *In times of hopelessness, seemingly small acts of kindness make a difference. Being on both the giving and receiving end can give us the power we need to keep going in the roughest times.*

### The Power of Hope

- *Tammy shares her experiences of how the pain of ongoing abuse drove her to the edge. Choosing to believe there is light ahead (despite it not looking possible) saved her life.*

### The Power Within

- *Life's tough experiences can lead to self-doubt and self-sabotage. Tammy shares the process of finding the power that lies at our core and learning to step up into the person you really are.*

*\*Each program can be customized and packaged for a variety of purposes and audiences.*

As a survivor of childhood sexual and physical abuse in a cult, Tammy René brings her personal experience of overcoming trauma to audiences to inspire hope and understanding. Her messages offer victims of childhood trauma keys to healing, and insight and understanding about ways to help lift those who struggle on their healing journey.

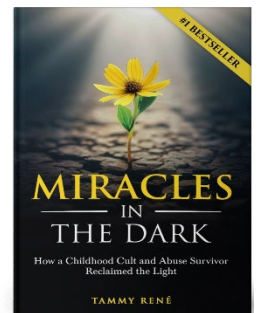
She captivates and inspires audiences with her intimate storytelling, inviting them to experience with her the highs and lows of her journey. Her stories dismantle the stigma of mental illness and show that “regardless of the pains and heartache we are called to go through, all of us can find light and hope, ultimately thriving in a life that is uniquely our own.” She is passionate about helping others discover and use their potential for building a life they love.

Tammy hosts the new podcast series, *Survivor Shift: Moving from Surviving to Thriving* where she interviews others about their own healing journey. You can find the series on YouTube at [www.youtube.com/@TammyRene915](http://www.youtube.com/@TammyRene915)

She currently volunteers with her local Suicide Prevention Network as a PTSD support group facilitator and has worked as a CASA (Court Appointed Special Advocate) on behalf of abused and neglected children.

Tammy shares her journey of hope and healing in her bestseller and award-winning memoir, *Miracles in the Dark: How a childhood Cult and Abuse Survivor Reclaimed the Light*.

<https://a.co/d/dkl7qSs>



Tammy René lives with her husband at the base of the beautiful Eastern Sierra in northern Nevada. She enjoys the outdoors, good music, and friends, and cherishes time with her children and grandchildren.

## CONTACT

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## AUDIENCE WILL GAIN—

- Insight into the tremendous impact for good small acts of kindness can have on those who are struggling, whether they are the giver or the receiver.
- A better understanding of the strength that comes in allowing the kind acts of others into our hearts—when we are ready to let them in.
- New motivation to reach out of our comfort zone and connect with those around us in healthy ways.

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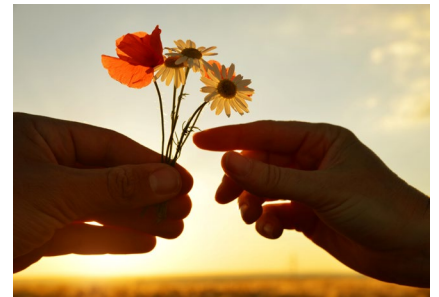
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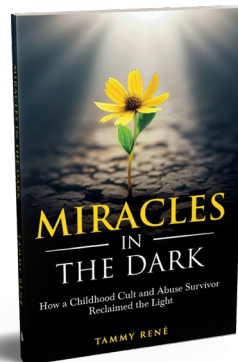
Award-winning Author of *Miracles in the Dark: How a Childhood Cult and Abuse Survivor Reclaimed the Light*

## FOCUS #1 THE POWER OF SMALL ACTS

In times of hopelessness, seemingly small acts of kindness make a difference. Being on both the giving and receiving end can give us the power we need to keep going in the roughest times.



In this interactive presentation, Tammy helps the audience recapture pieces of light that have lifted them along the way. Together they explore how to give their own light in ways that help others while navigating their own path towards healing.



From *Miracles in the Dark*:

When I was able to accept the realities of the trauma I experienced, my heart opened to the good I was exposed to even during the darkest parts of my life... When we open our hearts, we allow the good pieces of life to settle into the deepest parts of our souls.

“Regardless of the pains and heartache we are called to go through, all of us can find light and hope, ultimately thriving in a life that is uniquely our own.”

—Tammy René



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## AUDIENCE WILL GAIN—

- Insight into the absolute necessity of hope for those who face the emotional and mental effects of trauma of any kind.
- A better understanding of how believing in the possibility of healing can help those that are hurting.
- New motivation to set aside the limitations society would put on the ability of victims of childhood abuse to heal.

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## FOCUS #2 THE POWER OF HOPE

Accepting the miracle of healing means putting fear aside and allowing each part of us—spirit, mind, and body—to come forward and rejoice in the present. It means looking forward to the future with faith. Will the path be smooth and the sun always shining? No, but the reality is there is strength and light to be gathered along the way regardless of the storms that gather or the steepness of the trail we're called to travel.



In this personal and moving presentation, Tammy shares her experiences of how the pain of ongoing abuse drove her to the edge. Choosing to believe there is light ahead (despite it not looking possible) saved her life.

From *Miracles in the Dark*:

To move forward, we must believe that the light is strong enough to get us through the dark—that hope can help us heal from the trauma. Finding the courage to hope in a better tomorrow will help us hang on during the storms and ultimately embrace the beauty we long for.

Regardless of the pains and heartache we are called to go through, all of us can find light and hope, ultimately thriving in a life that is uniquely our own.

—Tammy René



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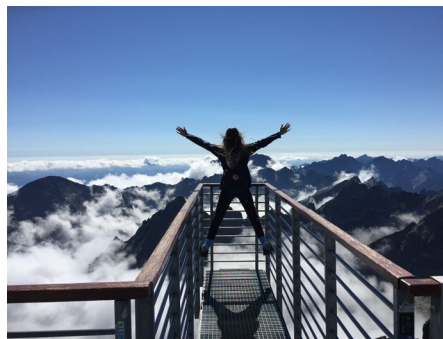
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## FOCUS #3 THE POWER WITHIN

### AUDIENCE WILL GAIN—

- New insight on how to tap into the well of strength that lies at the core of who we are.
- A better understanding of how connecting to a “higher power” can enhance our own power.
- New motivation to break the chains of the effects of trauma by finding and building on the light and strength that burns in each of us.

Power is a two-edged sword. On one hand, it is associated with controlling others. But true power—life-changing empowerment—comes from tapping into the strength that lies at our core and acknowledges the choice we have in how we will move forward. Sometimes the effects of our trauma can last a lifetime, but the choice is ours whether we will build from where we are or succumb to anger and despair that taunt us. We have the strength to choose and choosing to move forward taps into our true power.



In this interactive presentation, Tammy shares the strength she’s found on her own healing journey, and leads the audience in recognizing sources of true power and how to tap into them.

From *Miracles in the Dark*:

Recognizing that we have the power to choose what we will do with what we have been given changes everything. We do not have to remain victims. We have the power to choose which path our lives will follow.

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