

FACILITATOR PROFILE

Tamara Myles



Tamara Myles helps organizations design systems and create cultures that enable individuals and teams to thrive. She is the author of *The Secret to Peak Productivity: A Simple Guide to Reaching Your Personal Best*, and an international speaker and facilitator.

Tamara is a warm, dynamic, and engaging facilitator whose curiosity and passion makes learning fun and accessible. She holds a Masters in Applied Positive Psychology from the University of Pennsylvania, where she is an Assistant Instructor as well as a facilitator for the Penn Resilience Program.

Tamara is committed to working with leaders and their teams to build cultures where the qualities that make us most human – belonging, excellence, and impact – provide a sense of meaning and become the fuel for performance, resilience and well-being.

Tamara lives in Boston, Massachusetts with her family and two dogs. She is a voracious reader and currently belongs to three book clubs, where she enjoys lively discussions and deep connections. Her most meaningful role is as a chauffeur and passionate cheerleader for her three teenage children.



Tamara's workshop with our business unit was one of the most engaging we've experienced. Making the connection to a larger purpose was a huge 'ah-ha' moment for our team and has been a continued source of inspiration and motivation for their work.

ADAM REIBER

Microsoft Global HR

 <https://www.linkedin.com/in/tamaramyles/>



EDUCATION

Masters in Applied Positive Psychology (MAPP), University of Pennsylvania

Bachelor of Arts in Communications, Universidade Federal de Pernambuco (Brasil)



EXPERIENCE

Extensive combined leadership, executive and senior executive experience, working in a variety of fields (medium to large businesses not for profits, private and government organisations), on high profile and innovative projects.

Experienced coach, speaker and workshop facilitator.



ACCREDITATIONS

Certificate in Applied Positive Psychology

Certified Professional Organizer (CPO®)

Penn Resilience Program (PRP) Trainer



MEMBERSHIPS & LICENCES

International Positive Psychology Association

National Association of Productivity & Organizing Professionals

Concord Carlisle Community Chest

SOME OF THE COMPANIES TAMARA HAS HELPED

Blatchford SOLUTIONS
BUSINESS CONSULTING FOR DENTISTS

BRIGHAM HEALTH
BRIGHAM AND WOMEN'S HOSPITAL

Microsoft

BEST BUY

NAPO
National Association of Productivity & Organizing Professionals

PERSONAL ORGANIZER
BRASIL

Unilever