

Tammy von Nordheim, MSW, CAMS, CTAS

Motivational Speaker and Mental Health Therapist



ABOUT TAMMY

A Motivational Speaker and Mental Health Therapist, Tammy challenges you to expand your mindset and embrace who you are meant to be by amplifying your inner voice that says "I can do this!" Founder of Girl in the Glass, a women's empowerment group, and iEmpower Me, Too, a non-profit, Tammy inspires small and large groups to find the blessings in their brokenness.



WHY CHOOSE TAMMY?

Tammy is relatable and magnetic with an infectious personality as she uses her gift to engage the audience both mentally and emotionally to think differently about how everyday actions can affect your life and create manageable shifts that empower you to begin living and not just existing.

 www.GaWTC.com

 678-459-5068

 Tammyvon10@gmail.com

 [Tammy_von_Nordheim](https://www.instagram.com/Tammy_von_Nordheim)

 [@Tammyvon](https://twitter.com/Tammyvon)

 [Tammy von Nordheim](https://www.linkedin.com/in/Tammy von Nordheim)

 [/GrowthandWellnessTherapy](https://www.facebook.com/GrowthandWellnessTherapy)

 [/TammyvonNordheim](https://www.youtube.com/TammyvonNordheim)

“Do not Resuscitate. Finding Your Power in Your Pain.”

When you are emotionally exhausted beyond imagination and it's blocking your ability to breathe. Literally. I can show you how to take that next breath and use your pain to power through all obstacles and become unstuck.

“No More Life To Give. Overcoming the Pain of Losing a Child.”

Infertility is a word that's not commonly discussed. Yet it is a reality for so many. After spending tons of money, investing even more emotionally, and then experiencing a loss, how do you go on? Losing a child by any means is unfathomable, but it is possible to survive the pain and begin to live again.

“Fear, Courage, and Time, Oh My!”

The three reasons many people are not living their best life. Is this you? How to recognize the signs of holding yourself back from your true potential and what to do about it.

“Guard Rails. How to Stay Focused in Your Lane.”

Distraction is all around us. However, there are ways to overcome procrastination and hesitation.

“Creating a Livable Life”

You are the “strong one” and everyone comes to you with all of their issues. But who do you have to help you navigate through your storm? There is a secret to this madness. I can help you see through the noise and discover your power to remove the cape. Setting boundaries does not hold you back. It lifts you up and out of the mire that is keeping you stuck. Healthy boundaries vs. unhealthy boundaries. Know the difference.

“3 Ways to Being Intentional”

Being intentional is the root to success. Most people don't know how to be intentional with a purpose. I will share 3 ways to achieving your goals in spite of the obstacles blocking your journey.

“Reset Your Mindset”

Repeating the same mistakes? Failing to accomplish the simplest of tasks? Why does it seem like you can't ever get a break? I've got the answer and you won't believe what it is. There is a process, but you have to do the work.



As seen on:

POWER 108.9

rollingout

Alpharetta
LIFESTYLE

bestself



Psychology Today



Girl in the Glass



Growth and Wellness
THERAPY CENTER

AMERICAN COUNSELING
ASSOCIATION
Your Passion. Your Profession. Our Purpose.

NASW
National Association of Social Workers