

# Tamara Herl

TRANSFORMATION GUIDE  
SPEAKER COACH

*WE ARE THE ONES  
WE'VE BEEN WAITING FOR*



## Presentations

### ***3 Tips for Managing Your Mean Girls***

Instead of wasting time & energy kicking the “Mean Girls” inside your head to the curb, discover effective tools to get them to buy into the idea of collaborating with you so you can show up the way you want to in work and life.

### ***A Dose of Nature***

Learn about the surprising benefits of forest therapy, including what the research shows, the simple practices involved, and how they can help you let go of stress and wake up your joy.

### ***Waking up your Inner Artist***

A lot of people think they’re not creative, but like Picasso said, “Every child is an artist.” With a simple and temporary form of art that uses items from nature, you can ignite your creativity to help you feel more focused, productive, and balanced.

### ***Meditation for People Who Can't Sit Still***

If you need to make a decision, going around in circles is usually something you want to avoid. But in the case of a labyrinth, walking the circular path can help you get connected with calmness, clarity, and confidence.



# What others are saying

Tamara gave us the greatest gift when we were with her to create our Holistic Networker Association vision board. We walked and meditated in her woods, returned to her sanctuary and with the least bit of effort created the vision board for our upcoming year. It was a pleasure working with her and being in her magical environment.

Barbara Royale  
HNA Board Member

I took my team on the wilderness retreat to get centered and connected as a team. The location was gorgeous, the activities accomplished our mission, and weeks later our team is better than ever.

Cristyn Kelly

## Former Clients

Sangre de Cristo Hospice & Palliative Care  
Holistic Networkers Association  
Ark Valley Humane Society  
Green Thumb Initiative  
Kelly Law Firm

## Book Tamara Today

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### About Tamara

When I was young, I used to spend hours walking on the open prairie near the town where I lived. I felt peace there. Solace. Acceptance. Unlike some people who know what they want to be when they grow up, I only knew that I wanted to do something I enjoyed that would help other people at the same time.

I found the first part of the answer when I discovered the field of art therapy. But soon I began to long for a way to focus on people's strengths, and I was drawn to life coaching. All the while, I never lost my love for nature, and I began using art as a tool for social activism. And then I discovered the world of forest therapy and nature-connected coaching.

These days, you could say that I'm a weaver. Because I offer retreats, team building, and 1:1 sessions, both on-site and virtual, that weave together all of the experiences that have proven to be so effective in helping people thrive: art, nature, and spiritual practices.

**My credentials: ATR-BC, ACC, Certified Forest Therapy Guide, Licensed Professional Counselor**