



# Anita Washington

Available For: Seminars, Workshops, Break-Out Sessions, Retreats & Panels

## PARTIAL LIST OF SPEAKING ENGAGEMENTS:

Blaze Your Trail Women's Expo - Jacksonville | BNI – Centreville, VA | Ladies That Lead Tour - Baltimore | Oconuluftee Job Corps Center | Women's Business Luncheon - Jacksonville | Kaseman, LLC | Virginia State Univ.

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## PROFESSIONAL BIOGRAPHY

Anita Washington, M.Ed. & M.B.A., CEO & Founder of That Anita Live, LLC, is a Media Host and Personal Development Coach helping women become emotionally whole, healed, healthy and happy. Anita is the author of *Family Is Not Everything* and creator of the 7-Step Method, she teaches women to live unashamed of their secret story with an old soul and a comedic, honest voice. Anita uses many southern colloquialisms and colorful expressions to unwrap personal stories of surviving a homicidal alcoholic father, a mother in denial and four physically and emotionally abusive brothers and relates them to guiding principles and healing techniques. Through her powerful and uplifting interviews on ThatAnitaLive.TV and The Emotional Happiness Podcast women get to see and hear real women with resourceful stories living relentless lives after life's most devastating challenges. Anita helps women use the tools and resources they already have to reveal and release success blockers such as childhood trauma and family dysfunction so they can build their confidence, boost their self-esteem and feel free to live true to their own personality, spirit and character. Anita is a graduate of Limestone College, Virginia State University, and Strayer University with a B.S. in Mathematics, an M.Ed. in Guidance & Counseling, and an M.B.A. in Contracts & Acquisitions. You can find Anita online at [ThatAnitaLive.com](http://ThatAnitaLive.com), Twitter, Periscope, YouTube, Instagram and Facebook. Her handle is That Anita Live on all four social media platforms.

## POPULAR SPEAKING TOPICS :

### Turn Your Baggage Into Bank

Learn three ways to create and monetize content based on your own life experiences. Your toughest challenges in life can become the biggest lessons you can teach someone else.

### Is Your Past Your Glass Ceiling

Learn how to identify the events in your past that created limiting beliefs and behaviors that block your success. Three simple principles and one simple question could unlock the truth and unleash your dreams.

## SPEAKING REVIEWS

Fantastic! Anita didn't just speak but taught us with a charismatic spirit and a kind and considerate heart!

—Molly

Anita surpassed all our expectations! She was riveting, yet warm and engaging.

—Vernon

Outstanding! Anita has a very professional presence yet I felt like I was listening to a long lost family member.

—Robert