

## Tana M. Session, MBA, PHR, GPHR, SHRM-SCP



**Tana M. Session**  
public speaking | coaching | consulting



### FROM FOSTER CARE TO FABULOUS

Tana Session was born into the New York City foster care system and remained there until she was 3 ½ years old. She experienced various hardships throughout her life, but learned they were not her fault...but they were her problem. She set out to establish a life that was quantum leaps from where she started. Recently recognized as a *Huffington Post* “**10 Female Experts to Follow in 2018**,” Tana has built a successful career in Human Resources and a successful business in spite of her background. She continues to use her adversities as fuel and not excuses.

In addition to previously owning her own business, Tana has also served as the top Human Resources leader for multiple companies including for profit and non-profit organizations. Her experience has enabled her to embed her passion for the field of Human Resources and Coaching in everything she develops and implements. In 2014, Tana established her own coaching and consulting practice, (<http://www.tanamsession.com>), offering her expertise through speaking engagements, group and 1:1 coaching and consulting. Noted as a powerful international speaker, Tana shares her poignant career and life coaching tips with audiences from a personal perspective. Tana is now a bestselling author and an award-winning international speaker.

In November 2016, Tana released her first book entitled ***Inside the Revolving Door: Chronicles From the Human Resources Department***. This debut fictional release is a collection of employee relations short stories told through the perspective of various Human Resources leaders. In January 2017, she released the #1 Best-seller ***Get Your Career Life in Order***, a step-by-step career management and job-hunting self-help guidebook. In 2018, Tana released her third book, ***The Little Book of Motivation & Inspiration – Sharing the Journey***. Tana is also a contributing writer for *Forbes.com* and *BlackEnterprise.com*, and has been featured on various television, syndicated radio and podcast shows. In August 2017, the University of Phoenix recognized Tana as one of its Distinguished Alumni of Southern California. Tana also joined the Instructor team of UCLA Extension in Fall 2017 as an instructor for the ***Human Resources Development*** course, the final class in their 18-month Human Resources certification program.

In her free time, Tana likes to travel and spend time with family and friends. In June 2014, Tana and her family relocated from New York to Los Angeles. She now enjoys getting to know her new home state.