

TONYA MONTELLA

Empowerer of women, author, podcaster, speaker, and Career Coach.



SUGGESTED PODCAST TOPICS

- Career change
- Women empowerment
- Motherhood
- Living intentionally

SPEAKING ENGAGEMENTS

Signature Talk

- 6 Ways to Empower Yourself, Maximizing Your Life & Career

Additional Topics


- The Keys to Uncover Your Next Career Move
- 5 Questions to Ask Yourself: A Guide to a More Fulfilling Career
- 5 Questions to Help You Understand & Nurture The Person You Are Today


Formats

- Keynote
- Webinar
- Panel
- Workshop

CONNECT

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 Career Change Champions Podcast

BIOGRAPHY

As a serial top-performer at Fortune 500 companies, Tonya has changed careers 6 times without any guidance or mentorship along the way. She's had to take steps back in order to move forward, and in doing so has always been able to work her way back up to a senior role in each new career; most recently achieving a leadership position and increasing her salary by 40% in just 2 years. She did this while being a mother and wife who has helped her husband build his business. While supporting her family and other businesses, she found herself wondering, *What about my dreams?*

It wasn't until she began finding herself supporting other women who were like her, that she found what truly lights her up. From comforting other moms who had also experienced child loss, to coaching women who felt stuck in their career, Tonya knew that empowering women was her dream; so she went after it.

Now an author, speaker, podcaster, Career Coach and Owner of Tonya Empowers, she turns ambitious women into confident career changers and fulfilled professionals. Her mission is to enable women to maximize their potential and truly thrive, landing jobs that they love and receiving the pay that they deserve.