

A portrait of Tara Pringle Jefferson, a Black woman with voluminous, curly dark hair, smiling warmly at the camera. She is wearing a bright red, long-sleeved button-down shirt with a matching red tie belt. Her right hand is on her hip. The background is a blurred outdoor setting, possibly a city street, with some bokeh light effects.

Tara Pringle Jefferson
speaker deck

THESELFCARESUIE.COM

speaker bio

TARA PRINGLE JEFFERSON

Tara Pringle Jefferson is a writer, speaker, and self-care coach with a lifelong passion for building community.

In 2015, Tara created a digital community for women of color, called the Self Care Suite, now more than 1,000 members strong. The mission is to help members unlearn exhaustion as their default and develop self-care rituals to sustain themselves. The signature event of the Suite is Here We Grow, an affordable and accessible wellness weekend for Black women.

For three years she curated the Bloom Beautifully Box, a bimonthly self-care package that featured products from artisans of color.

Tara's platform for self-care includes a series of workshops and self-paced courses on stress reduction, time management and personal development.

Her work has been featured in Essence, Kiplinger's Personal Finance, The Grio, Babble, BuzzFeed, and Sirius XM radio.

In 2018 she won the Lady of Legacy award from the nonprofit Limitless Ambition for her work in wellness and community building.

Two years prior, she was recognized by Kent State University as a distinguished alumna for her work in the community with young mothers and women.

For the past decade, Tara has also run her own boutique communications consultancy, with a focus on social media strategy, writing, and editing.

Tara is a double Kent State University graduate with a bachelor's in magazine journalism and a Master's in human development and family studies.

Since 2020 she has been a member of her city's diversity, equity and inclusion executive committee, working to create anti-racist policy within the school district and broader community.

When she's not working, she's making runs to Trader Joe's and trying to nail her grandmother's recipe for the perfect sweet potato pie. (She's not even close.)

Born and raised in the Midwest, she lives in Ohio with her husband and two children.

workshops

An abbreviated list of the workshops she has produced can be found below. If interested in having her speak to your professional organization, student group, or community event, send an email to hello@theselfcaresuite.com or call 330-203-1605.

PREVIOUS ENGAGEMENTS

- Hyland Software ERG
- Kunik
- Kent State University Women's Center Leadership Series
- Kent State University Black Graduate Student Association Conference
- Kent State University LaunchNET
- Postpartum Progress
- Journey to Queendom
- Self-Care in Color Virtual Retreat
- Blogalicious Conference

RATES

- \$750 per 60 minute session
- \$1000 per 90 minute session
- \$2000 per half-day session

TESTIMONIAL

Tara's workshop was fantastic! The discussion topics and activities were insightful and fit for the diverse audience in attendance. She created a warm, welcoming space for people to comfortably think and talk about their self care habits. The academic environment is often high-stress and fast paced, so Tara's workshop was especially beneficial for our guests. Everyone left with practical advice on how to enhance their lives through self care.

- Danielle Jones, chair, KSU BGSA conference

POSSIBLE SPEAKING TOPICS INCLUDE:

- Exploring the value of self-care within a capitalist society
- The link between community care and self-care
- Mental health resources + care for underresourced groups
- Holistic wellness (mind, body, soul)
- Reframing self-care as productive
- Reimagining self-care for mothers/caregivers
- Diversity + inclusion work within parenting

Building Better Boundaries (*60 mins*)

Boundaries are the building blocks for all healthy relationships. Hazy or undefined boundaries can cause stress, frustration and overwhelm in personal or professional situations. This workshop will lead attendees in analyzing their current (or non-existent) boundaries, give them strategies for developing stronger ones, and a blueprint for enforcing their boundaries for greater peace of mind.

Beyond Bubble Baths: A Deep Dive Into Self-care (*90 mins*)

Sometimes we hear the word “self-care” so often that it loses its meaning. It’s deeper than bubble baths and more life-changing than a monthly pedicure. In this workshop, attendees will create their own definition of self-care, formulate a self-care contract with themselves and discover strategies to create time for themselves where they previously thought none existed.

Unlearning Exhaustion: The R.E.S.T. model (*60 mins*)

What happens when you need the type of energy that coffee can’t give or eight hours of sleep can’t provide? This presentation introduces attendees to the R.E.S.T. model created by Tara Pringle Jefferson that gives you a step-by-step guide to centering rest and unlearning exhausting habits.

People Pleasers Anonymous (*60 mins*)

This workshop is for people who have a default setting of “yes!” They find themselves saying “yes” when you want to say “no,” and want to be liked more than they want to be honest. This workshop will help attendees reclaim their voice, adjust their expectations of others and live a more authentic life. [Note: This workshop includes audio/video.]

How to Raise Anti-Racist Children (*45 mins*)

An open discussion on inclusive parenting strategies for parents of all races as they consider how to raise children who are bold advocates for themselves and others.

Decompression Sessions (*60 mins*)

Decompression Sessions are 60-minute check-in sessions designed to help attendees rest well. Hosted virtually in the evening, each session begins with a group check-in, private journaling, collective affirmations, and focused breathwork to take us to dreamland.