



SPEAKER KIT

DONNA MARIE

Mindset and accountability coach. Founder of T4AF Academy and the Flourishing Here community.

ABOUT

Donna Marie is a mindset and accountability coach, Brooklyn born and raised in Queens. Before coaching, she managed music artists, produced a college tour that grew from 50 auditions to more than 1,000, and she has helped small businesses build their brands since 2009.

After stage 4 endometriosis and two years of depression, she found her way back through connection: first to herself, then to others. She wrote her first book, became a coach, and started T4AF Academy and the Flourishing Here community.

She's also a poet. She teaches emotional intelligence through art and builds websites with D2LAL.

“The only thing that saved me was connection.”



FLOURISHING HERE

SPEAKING

WHAT SHE BRINGS TO THE ROOM

Keynotes, panels and hands-on workshops on connection, accountability and emotional intelligence, for women's groups, teams, schools and programs.

01

The 4 A's Frequencies

Audacity, Alignment, Accountability and Ambition, and how to tune each one.

02

Frontline Fatigue

It's the tired that comes from always being the strong one, always on the frontline, carrying weight while nobody pours back into you. Frontline Fatigue is self-abandonment dressed up as the pursuit of success.

03

Structure is self care

Simple systems and accountability partners that help people follow through.

04

Emotional intelligence for work

Mirror, Brakes, Radar and Bridge, taught through art and real workplace moments.

BOOKING

BRING DONNA TO YOUR PEOPLE

FORMATS

Keynotes

Panels

Workshops

Emotional intelligence sessions

Podcasts and interviews

Virtual or in person

AUDIENCES

Women's groups, teams, schools, nonprofits and youth and workforce programs.

WHERE YOU'LL FIND HER

Workshops. Hands-on rooms where we build the plan together.

Virtual events. Live rooms on Zoom, from wherever you are.

Panels. Real talk on stage with women who are building.

Podcasts. Conversations about connection, structure and legacy.

Speaking. Keynotes for women, teams, schools and programs.

SIGNATURE QUESTION

Who's pouring into you?

BOOK DONNA

flourishinghere.com/work-with-me

Instagram

@flourishinghere ·
@T4AF.Academy

D2LAL

620 Wilson Ave,
Brooklyn, NY 11207