

Tammy Vargas Warner, Ph.D.

Mental Health Awareness Month Popular Workshop Options

Protecting Energy, Preventing Burnout, and Showing Up Whole

Burnout is rarely just about workload — it is often about unclear boundaries, misaligned commitments, unprotected energy, and lack of self-advocacy. This session equips participants with practical tools to identify energy leakage, reset professional boundaries, reframe self-advocacy, and make intentional decisions that increase both performance and well-being.

Rest, Energy, Joy, and Sustainable Performance

Burnout erodes confidence. High performers often overextend in service of excellence, unintentionally abandoning their own needs. Sustainable performance requires intentional restoration. This workshop introduces the “Confidence Fuel Model,” helping team members understand how energy, clarity, self-advocacy, and confidence operate in a cycle — and how to interrupt burnout patterns before performance declines including frameworks to advocate clearly and professionally without guilt or defensiveness

Leading with Empathy: Stronger Teams and Healthier Workplaces

In today’s fast-paced and often demanding work environments, empathy is no longer a “soft skill”—it is a strategic leadership competency. This engaging and reflective session explores what it truly means to lead with empathy and why it is essential for fostering trust and strengthening collaboration, as well as the measurable impact it has on employee well-being, morale, and retention—especially during times of stress and change.



Dr. Tammy Vargas Warner is a Latina, higher education leader, board certified executive coach, master facilitator, strategic consultant, speaker, and author with over 25 years of leadership experience in education, higher education, health, business, and the arts. Dr. Warner has held a variety of roles all focused on delivering quality programs, services, experiences, and outcomes for multiple stakeholders. Dr. Warner has a track record of success as a leader in higher education, a multi million dollar fundraiser, a convener, a facilitator, and a thought partner.

Dr. Warner earned a Ph. D. in Higher Education from the University of Massachusetts at Boston, along with a B.S. and M.S. in Human Development from the University of Rhode Island.



*May is Coming Up Fast!
Contact for Available Dates*

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