

Tamika Michelle Johnson

WORK-LIFE BALANCE STRATEGIST

Attorney * CEO * Host
Magazine Publisher



Strategies to Pursue Your Passions While Protecting Your Peace

Bio

Tamika Michelle Johnson is an Attorney, Magazine Publisher, CEO of a matchmaking agency, Host of 2 Weekly shows, Wife, Mother, Daughter, and friend, and like so many other high-achieving professionals, she juggles a lot.

In doing all that she does both professionally and personally, Tamika is aware of the fact that individuals who perform at a high level indefinitely and for years at a time, can become burned out or have breakdowns. Additionally, as an attorney who has represented mental health patients for 10 years, she knows that many professionals are closer to breakdowns than they know or want to admit.

As a Work-Life Strategist, Tamika shares with clients and audiences how to intentionally achieve a professional and personal balance that addresses work, career, business, self-care, health, rest, and relationships, as well as strategically utilizing certain benefits which will allow professionals to reset before a tragedy occurs either mentally, physically, or emotionally.

Signature Topics

WORK-LIFE BALANCE STRATEGIES TO AVOID BURNOUT FOR STUDENTS & RECENT GRADUATES

In life, there will ALWAYS be challenges - especially as many embark upon highly competitive careers and jobs. That's why it is vital for students to begin incorporating specific "work-life balance" strategies into their lives now. Students will learn how to simultaneously focus on a career, relationships, and having a family without being overwhelmed, overly stressed, or pressured.

BURNING THE CAPE & CREATING A HEALTHY WORK-LIFE BALANCE FOR PROFESSIONALS

Mastering the ability to prioritize and have a healthy work-life balance is the key to happiness. Especially when you have multiple roles & responsibilities at work and at home. Tamika shares strategies and techniques to pursue your passions and personal & professional goals while also protecting your peace and mental health. She also shares how to strategically utilize corporate benefits to reset emotionally while maintaining your job.

INCREASING PRODUCTIVITY WITH A WORK-LIFE BALANCE FRIENDLY CULTURE

If the "Great Resignation" taught us anything, it was that many employees quit or resigned from their jobs because they realized that their work-life balance was significantly "off balance." Tamika shares what impending employee burnout looks like and how to turn that around so they can continue to work at an optimal level at the workplace. Ultimately, creating and maintaining a work-life balance for your employees results in IMPROVED PRODUCTIVITY, INCREASED ENGAGEMENT, and HIGHER EMPLOYEE RETENTION - a win, win for all parties involved.



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Burn the Cape!!!