



Tammy L. Coia

The Memoir Coach

passionate educator

successful author

inspiring speaker

About Tammy...



Tammy L. Coia, The Memoir Coach, is a successful author, passionate educator, and inspiring speaker. Tammy brings over 25 years of experience in facilitating both the young and mature into finding their voice and becoming more of who they really are. Her motivational and reflective seminars and classes have made her one of the elite teachers in the field of memoir writing. She is the President and founder of TLC Writing Workshops, providing programs and products that turn memories and words into meaningful memoirs.

Tammy was voted businesswoman of the year in the Bay area and her educational center was ranked number one for seven years in a row. She is a member of The Girlfriend Factor and has served on the board of The National League of American Pen Women and the Palm Springs Writer's Guild. Tammy taught the Writing for Wellness classes at the Lucy Curci Cancer Center at Eisenhower Hospital and is currently teaching writing for wellness classes for the InterValley Health Plan of Coachella Valley.

Tammy is the author of *Fig on a Stick*, an autobiographical children's book about turning ten and the trials of being a middle child. She uses humor to reach children. Tammy is also the author of *The Complete Memoir Workbook*, a self-guided tour to get your life and memories into a meaningful format to share with others.

Walk into the writing workshops and you will feel the warm atmosphere that Tammy has created in the beautiful area of Palm Desert, California... a small, intimate and safe place to explore the inner storyteller inside each of us.

What People Are Saying...



The class is a revelation! It invites you to learn about yourself in gentle, prodding ways. Tammy coaches her students in the art of self-exploration. The exercises prompt the participants into remembering, attaching emotions to those memories and then the writing begins. The words fill the page and the pages become an image of who you are.

~ Pat Erickson, Indio, California



Dear Tammy, It was a privilege to be in your class. You are a wonderful teacher, facilitator and human being. You definitely bring out the best in your students! Your material is fantastic. I admire your perseverance, drive and diligence in conceiving, writing, and assembling the material... Well done!

~ Rochelle Sturman, Seattle, Washington



After signing up for Tammy's classes, I soon came to realize how lucky I was to have found her and the beautiful students who have joined me in this journey. I immediately felt safe to open up my life and share my experiences. Because of Tammy I have found confidence in my writing. I have found my voice. I have found freedom!

~ Wendy Price, Palm Desert, California

Contact Tammy...



Speaking Engagements & Workshops

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