

Tara Cousineau, PhD

Motivational Speaker & Perfectionism Coach

Tara Cousineau is an author, psychologist, meditation teacher, and coach with over 20 years of experience in helping high achievers become their best selves with ease and confidence. Tara works with individuals, groups, and organizations to cultivate inner worth, inner humanity, and inner leadership for a better world.



SIGNATURE TOPICS

- ✓ Overcoming Perfectionism
- ✓ Befriending the Inner Critic
- ✓ Managing Burnout and Stress
- ✓ Mindful Self-Compassion
- ✓ Prioritizing Mental Health in the Workplace
- ✓ Wellbeing & Meditation Skills

HARVARD-TRAINED
PSYCHOLOGIST

AUTHOR

LIFE COACH FOR
HIGH ACHIEVERS

MEDITATION
TEACHER

QUOTED IN

Well

WIRED

TIME





OFFERINGS

SPEAKING

- Professional Keynote Speaking (up to 60 minutes)
- Panelist

WEBINARS

- Half-Day Seminar
- Lunch & Learn
- Panelist

PODCAST GUEST

- Open Conversation
- Planned Skill Building Tools

CLIENT FEEDBACK

"Can I bring you to work every day?! The realization that it takes more people to create an upward spiral of positivity to offset that one negative coworker really hit home. I know what we need to do now... top down and bottom up, it pays to be kind."

Jennifer G.

"The most important thing for me was realizing that (1) I have perfectionistic tendencies that aren't helping me and (2) other people have them, too - i.e., I'm not alone in this. Of the things we've learned, I will be intentional about absorbing positive experiences and not dismissing my efforts."

Phil T.

CONTACT DETAILS

Please feel free to contact me for any questions about speaking.

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