

# Tammy Grable-Woodford

SPEAKER | AUTHOR | MENTOR

"Time isn't money... time is your life!"

## Bio

At the age of 43, Tammy Grable-Woodford had recently been awarded her MBA from the University of Washington Foster School of Business, completed her campaign for Washington State Representative, and was enjoying her long standing executive career which encompassed the non-profit, healthcare and technology sectors. When suddenly, the healthiest and most vibrant time of her life was punctuated with a cancer diagnosis.

Tammy was diagnosed with Stage 3b ER/PR+ Infiltrating Lobular Carcinoma (ILC) with micro-metastasis to the lymph nodes and dermis. With such a grave diagnosis, she realized that she had a choice to make—submit to the chaos and uncertainty, or *choose to thrive*. Through that trauma and loss, Tammy built an uncompromising life of authenticity, purpose and reach.

Please come and get to know her as a speaker, podcaster, mentor and successful business consultant as she shares her story with humor, passion and hope.



## Signature Topics

### Interview Questions

- How did a cancer diagnosis change your life for the better?
- What is your goal for creating a platform to share your story?
- How did cancer impact your career?
- Can you get back to what was "normal" or has everything forever changed?
- How did you restore confidence?

### Speaking Topics

- Time is Life!
- Transformation through Trauma
- Fear, Faith and Focus
- Breaking through Surviving to Embrace Thriving
- Self-Advocacy isn't Selfish
- Identity or Vanity?
- Building your Killer Life!

Booking Info

