

# MIND-BLOWING HAPPINESS™

## Uncover the Path to Diversity, Equity, Inclusion, Compassion, and Happiness

I help individuals and organizations operate authentically, align with their values, and reach their full potential with my proprietary system.

**Trish Ahjel Roberts** is a Transformational Coach & Diversity Leader, bestselling author, and Founder of the Mind-Blowing Happiness™ coaching company and the event brand, Black Vegan Life™. She spent 8 years as a Corporate Account Manager for Verizon in NYC and 12 years as a Financial Advisor for companies like Merrill Lynch and JP Morgan in Atlanta before leaving the corporate world to teach individuals and organizations how to elevate their lives and businesses. Trish is the author of the self-help memoir, *Thinking Outside the Chrysalis: A Black Woman's Guide to Spreading Her Wings* and the inspirational journal, *12 Steps to Mind-Blowing Happiness*. Her work has been endorsed by Jack Canfield, Marci Shimoff, and Iyanla Vanzant. She is a leader on the DEI Committee of the Junior League of Atlanta and is Contributing Editor of African American Issues for *Natural Awakenings Magazine*. She is an MBA, certified life coach, yoga and meditation instructor, and DEI trainer. She has over a decade of Buddhist study and yoga practice and incorporates her healing modalities into her coaching programs, workshops, and retreats. Originally from Brooklyn, NY, Trish now spends her time between Atlanta, GA and Tampa, FL.



**Trish Ahjel Roberts**  
Transformational Coach and  
Diversity Expert

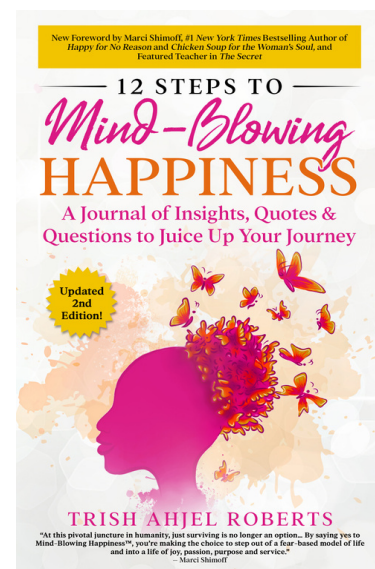


**Trish Ahjel Roberts is an engaging and sought-after speaker for any live or virtual keynote, seminar or workshop.**

- Corporate Events - Women's Groups
- Professional Conferences - Wellness Retreats

### Topics for Keynotes, Workshops, and Webinars Include:

- **Breaking Past Unconscious Bias on the Path to Mind-Blowing Happiness™:** Discover the intersection of personal growth and personal joy.
- **How Compassionate Teambuilding Improves Your Bottom Line:** Learn how to foster diverse and authentic teams.
- **Building a Diversity Program That's Right for Your Business:** Learn how to launch and implement inclusive programs that improve your bottom line.
- **Uncovering and Addressing Unconscious Bias in Your Organization:** Understand unconscious bias and its impact on your organization and yourself.
- **The Anger Myth - Understanding and Overcoming the Mental Habits That Steal Your Joy:** Learn the truth about negative emotions and learn to take action.



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**Nationwide availability**  
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