

Tara Miller MC



Implementation Specialist



SPEAKING TOPICS

- ✓ The Resilient Leader
- ✓ The Resilient Mind: Creating a Fearless Life
- ✓ The Neurobiology of Resilience

CLIENTS & COLLABORATIONS

- Executive performance coaching: nervous-system regulation and neuroscience-based brain coaching
- Organizational consulting: build resilient cultures by integrating neuroleadership tools & strategies
- Clinician education: mentoring therapists in SRT through CFTRE, consulting on trauma-informed care

STATS



Spending time with her dobermans



Happy place is on a tennis court



Traveling with family

ABOUT ME

Tara Miller, MC, is a psychotherapist, author, speaker and executive performance coach who integrates Self-Regulation Therapy with strategic coaching. For more than 13 years she ran a successful clinical practice specializing in trauma and burnout. During that time she also served as a teaching assistant for SRT training with the Canadian Foundation for Trauma Research & Education.

Today Tara focuses on consulting with organizations and high-achieving individuals to apply neuroscience-based leadership tools and resilience-building strategies. Business clients describe how regulating their nervous systems before high-stakes meetings leads to top-line revenue gains and improved team harmony. As a former journalist, she uses storytelling to translate complex neuroscience into practical tools that audiences can apply immediately.

Tara enjoys public speaking and writing Books, Keynote addresses, Workshops and articles for corporate conferences, leadership events and professional associations.