

TAMEKIA SWINT

Speaking Topics

Purpose. Transformation. Impact.



Keynotes and workshops for organizations serving children, families, communities, and women seeking meaningful transformation.

Speaking Inquiries

TamekiaSwint.com/contact

TAMEKIA'S SIGNATURE TALK

YOUR HAIR IS YOUR CROWN

How Hair, Identity & Belonging Can Change a Child's Life

Hair is about far more than appearance.

For Black and multiracial children - particularly children growing up in foster, adoptive, kinship, or transracial families - hair can become deeply connected to identity, confidence, culture, belonging, and the way a child learns to see themselves.

Drawing from decades of experience working with children and families, Tamekia demonstrates how something as seemingly simple as caring for a child's hair can communicate:

You are seen. You are valued. You belong.

Audience fit

Best for	Why this audience connects
Adoption conferences	Helps parents and professionals understand how hair care can affirm racial identity and belonging in adoptive families.
Foster care conferences	Connects everyday grooming and hair-care decisions to dignity, trust, attachment, and the lived experience of children in care.
Child welfare organizations	Offers a culturally responsive lens for staff, caseworkers, and agency leaders serving Black and multiracial children.
Schools & social service agencies	Builds awareness of how appearance, identity, bias, and belonging can affect a child's confidence and experience.
Parents & caregivers	Provides a practical and compassionate framework for caring across racial and cultural differences.
Nonprofits & family-serving organizations	Supports teams working to strengthen families, improve cultural competency, and center children's identity needs.

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TEXTURED HAIR 101: THE BASICS

Learn the Basics of Textured Hair Care

A practical, engaging introduction to caring for textured hair.

Tamekia teaches foundational principles including hair texture, moisture, washing, conditioning, detangling, products, tools, maintenance, and basic care.

The workshop also helps participants understand how proper hair care can support children's confidence, cultural pride, healthy identity, and stronger relationships with caregivers.

Audience fit

Best for	Why this audience connects
Foster & adoptive parents	Ideal for caregivers who need practical, judgment-free instruction and confidence caring for textured hair at home.
Transracial & multiracial families	Supports families navigating hair-care needs across racial and cultural differences.
Kinship caregivers	Provides accessible routines and product guidance that can be used immediately with children in their care.
Social workers & child welfare professionals	Helps professionals recognize basic hair-care needs, identify supportive resources, and coach families more effectively.
Educators & churches	Useful for adults who regularly serve children and want a better understanding of textured hair and cultural sensitivity.
Community & family-serving agencies	Works well as staff development, caregiver education, or a practical family-support workshop.

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12 STEPS TO WEIGHT LOSS SUCCESS

A Faith-Led Approach to Losing Weight - and Keeping It Off

Sustainable weight loss requires more than knowing what to eat.

It requires transformation in habits, mindset, discipline, environment, personal responsibility, and consistency. For people of faith, spiritual principles can also become an important part of lasting change.

In this practical and encouraging presentation, Tamekia shares 12 principles designed to help people move beyond short-term dieting and build a healthier way of living.

Core themes

Mindset • Habits • Discipline • Faith • Personal Responsibility • Consistency • Behavior Change • Purpose

Live well for the life you have been called to live.

Audience fit

Best for	Why this audience connects
Churches & women's ministries	Pairs practical health behavior with faith, discipline, stewardship, and personal responsibility in an encouraging format.
Women's conferences	Speaks to women who want sustainable change without another short-lived diet or perfection-driven approach.
Wellness events & retreats	Offers a motivational yet practical framework that can complement broader wellness programming.
Faith-based organizations	Connects spiritual principles with everyday choices, consistency, mindset, and healthy living.
Community organizations	Accessible for groups seeking a practical conversation about behavior change, resilience, and healthier routines.
Employee wellness programs	Can be adapted for audiences interested in sustainable habits, mindset, accountability, and long-term lifestyle change.

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