

DR. TERESA A. SMITH

BIO - "TALK WITH TAS"



North Carolina

Dr. Teresa A. Smith (Dr. TAS), a North Carolina native has a Doctorate Degree in Education Leadership from Liberty University, a Master of Business Administration Degree from Elon University, Master of Arts in Counseling from North Carolina Central University, and a Bachelor of Science in Criminal Justice and Psychology from the University of North Carolina at Chapel Hill.

She has worked in the human services field as a school counselor, vocational rehabilitation counselor, special projects coordinator, Early College High School consultant, student support services consultant, and cultural and linguistic competence coordinator. She is the 2010 recipient of the North Carolina School Counselor Association Advocate of the Year Award.

Dr. Smith is a part-time professor for Capella University and a school counseling fieldwork coordinator; in 2015 and 2016, they recognized her as a Stephen Shank Awardee. She is a program director for a 21st Century Community Learning Center (CCLC) that provides high quality academic and enrichment services for students who attend high poverty low-performing schools. She is the CEO of DQ Consulting, LLC. DQ's mission is to help individuals and organizations refine their vision and develop strategies to accomplish their tasks through change management models. Dr. TAS is an accomplished author, motivational speaker, coach, entrepreneur, grant writer, 21st CCLC program evaluator, and web series host.

Her book *Stronger How Overcoming Life's Adversities Can Push You Into Your Purpose* was listed number two on the list of 20 books Oprah should read in 2019. As an incest and trauma overcomer, she lives life with the mantra "I own who I am." This mindset motivates her to appreciate and accept life circumstances in her quest to both reach her fullest potential and help others achieve theirs.

Her second book, *Back in the Day Anthology*, was released in October 2019. She is working on her third book, which is devoted to helping others find their inner strength to change scheduled for a 2020 release. Dr. TAS is a contributor to *Conversations Live* on ABC NEWS Radio KMET 1490AM. Her segment, *Talk with TAS* airs Fridays at 1 pm ET/10 am PST. Dr. TAS web series 'Talk With TAS Live' airs Fridays on Facebook at 9:00 AM ET. During the web series, Dr. TAS educates, encourages, and empowers her audience to persevere as they encounter life's trials in search of their truth. Dr. TAS speaks nationally on personal development and empowerment.



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