

Dr. Tana M. Session, PHR, GPHR, SHRM-SCP



Dr. Tana M. Session has built a successful career in Human Resources spanning over 20 years, where she has held almost every position available, including 10 years as the top HR executive for multiple organizations. Her experience has enabled her to embed her passion for Diversity, Equality & Inclusion in everything she develops and implements. In 2014, Tana established her award-winning, WMBE-certified coaching and consulting practice, (<http://www.tanamsession.com>), offering her expertise through speaking engagements, group and 1:1 coaching and Human Resources consulting. She was recently recognized as a ***Huffington Post*** “***Top Female Expert to Follow***,” and in 2019, Tana received her Honorary Doctorate (PhD) degree in Philosophy/Humane Letters. Dr. Session is an international speaker who has spoken at professional events throughout the U.S. as well as Bangkok, Dominican Republic, Cuba and Jamaica.

Tana completed her undergraduate degree in Business Administration and her MBA in Organizational Psychology & Development. Recognized by the University of Phoenix as one of its Distinguished Alumni of Southern California, Tana also joined the team of UCLA Extension and California State University – Long Beach as an Instructor/Adjunct Professor. In 2019, Tana was selected as the only MBA alumni in American InterContinental University’s history to speak as the keynote speaker for the commencement ceremony where she shared a powerful message to over 7,000 attendees in Houston and Atlanta.

Tana is the author of three books, including the #1 Best-seller ***Get Your Career Life in Order***. Tana has been a contributing writer for ***Forbes.com*** and ***BlackEnterprise.com***, and has been featured in ***Huffington Post***, ***Essence Magazine*** and on various television, syndicated radio and podcast shows. She is also a contributing Lifestyle Segment co-host for the nationally syndicated talk radio show, “***In the Know***,” where she shares career and motivational advice.

In her free time, Tana likes to travel and spend time with family and friends. In June 2014, Tana and her family relocated from New York to Los Angeles. She now enjoys getting to know her new home state.