



# TANJI JOHNSON BRIDGEMAN

SPEAKER | VETERAN | FITNESS CHAMPION | LEADER

Tanji Johnson Bridgeman is a multifaceted individual whose journey is marked by resilience, empowerment, and a relentless commitment to personal growth. As a military veteran, 11-time fitness champion, entrepreneur, leader, and keynote transformational speaker, Tanji embodies the spirit of triumph over challenges.

As an aircraft maintenance officer in the U.S. Air Force, Tanji demonstrated exceptional leadership and strategic prowess in overseeing the on-equipment maintenance production of the KC-135 refueler aircraft leading a team of over 200 individuals. Tanji's leadership style fostered teamwork, efficiency, and excellence.

Throughout her 18-year career as a high-level fitness professional, Tanji not only carved a niche for herself in the competitive world of fitness but also inspired and coached over 700 athletes through transformative fitness journeys. Her dedication to positive psychology as a guiding force in her coaching approach has left an indelible mark on those she has mentored.

Today, Tanji seamlessly integrates her wealth of experience into the wellness space as a functional medicine health coach and passionately guides clients through transformative journeys, empowering them to make lasting lifestyle changes both physically and mentally. Her holistic approach, cultivated through years of dedicated service in the fitness industry, military leadership, and personal triumphs, positions Tanji as a beacon of expertise in the wellness arena.

Tanji Johnson Bridgeman stands as a celebrated speaker and leader, captivating audiences at conferences worldwide with her dynamic presence and transformative insights. Renowned for her ability to inspire and empower, Tanji has emerged as a sought-after speaker for corporations and teams seeking profound positive change. With an engaging delivery and a wealth of experiences, she effortlessly guides audiences towards embracing resilience, fostering empowerment, and navigating the path to success, making Tanji an indispensable catalyst for transformation in the corporate world.

## SIGNATURE TOPICS



**EMPOWERING YOUR  
INNER CHAMPION**



**THE POWER  
OF WELLNESS**



**WHEN FAILURE  
IS WINNING**



**BEYOND  
DIFFERENCES**

# INTRODUCTION TO TANJI'S TALKS

## **EMPOWER YOUR INNER CHAMPION:** **AND WIN IN YOUR PURSUIT OF EXCELLENCE**

In this talk, we'll dive into the power of your inner champion and it's role in your personal success. I will share strategies to train for peak performance in all aspects of your life.

- Understanding your inner champion and identity
- Training your mindset for grit, perseverance and resilience
- Master discipline in your daily habits

## **THE POWER OF WELLNESS:** **BOOSTING PRODUCTIVITY AND PERFORMANCE IN THE WORKPLACE**

In this concise talk, we'll explore how to cultivate a culture that values wellness and integrates it into your professional environment

- Establish a clear understanding of what wellness entails and its impact of employee performance
- Present workplace wellness initiatives that support your teams

## **WHEN FAILURE IS WINNING:** **NAVIGATING THE PIVOT TO VICTORY**

In this talk, we discover how our view of failure can sabotage our potential and what to do about it

- Empower your organization to shift their mindset to embrace failure with enthusiasm
- Learn strategies to force a mental pivot and leverage failure as an opportunity to win with 3 strategies to hack the fear of failure

**EMPOWER  
YOUR  
INNER  
CHAMPION**

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## **WHAT PEOPLE ARE SAYING**

"Tanji stands at the intersection of military leadership, fitness excellence, and holistic wellness, making her an unparalleled choice as an empowerment and resilience speaker for organizations seeking transformative impact."  
- ZAKIYA, STACY WITBECK

"If you're seeking a speaker who not only captivates an audience but leaves them with tangible, life-changing tools to elevate themselves, Tanji Johnson Bridgeman is the embodiment of that transformative force. Her ability to dismantle the fear of failure is nothing short of empowering, leaving a lasting impact on everyone fortunate enough to be in her audience."  
-KELSEY, MODERE



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## RATES:



**\$12K+**

IN-PERSON WORKSHOP



**\$7K +**

IN-PERSON KEYNOTE



**\$5K+**

VIRTUAL KEYNOTE

## CONTACT:



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Please note that all fees listed do not include travel and accommodations.



Travel will be based on point of origin in Issaquah, WA

