

Tymara Shepard Tate

Tymara Shepard Tate was born in Panama City, Panama and relocated to the United States at a very young age. She is happily married to Rodney L. Tate and enjoys spending time with her family where they currently reside in Clarksville, Tennessee.

As a Life Coach, her overall mission is to strengthen you with confidence, to empower you to set goals and establish accountability for your personal and professional success. She will assist you in breaking through old barriers and to develop new practices to achieve:

- A Healthy Lifestyle
- Create and Develop New Habits
- Improve Self-Esteem and Self-Confidence
- Challenge Yourself

As your Life Coach her primary focus is to encourage you to live a fulfilling and successful life. Tymara is also the host of a weekly Facebook Live Broadcast, "*Happy Up Day with Tymara Tate*", where she discusses positivity and faith-based related topics with her various guest hosts. She is very enthusiastic, full of energy and very inspirational. Tymara strives to empower and motivate individuals to thrust the NOW into their life! Tymara believes that change begins with a renewed mind remaining positive despite the challenges of life.