



Welcome to HeRemedy

My name is Tiffany K. (Coach T), Founder of HeRemedy, where our mission is to empower and equip women entrepreneurs to (not only) Mind HeR Mind but also Mind HeR Business! Our focus lies in providing comprehensive support and resources tailored to the unique challenges faced by women in the business world. By fostering a community of like-minded individuals, we aim to create an environment where women can thrive and achieve their full potential.

At HeRemedy, we understand the importance of empowering and equipping women to take charge of their mental well-being. We passionately believe that a strong and resilient mind is the foundation for success in any entrepreneurial endeavor. Through our carefully curated programs, we strive to equip women with the tools and strategies to cultivate a healthy mindset (while also aligning business goals and navigating the complexities of the business landscape).



Meet Coach T, Founder

Coach T (Tiffany K.) is a dedicated and inspiring individual who is passionate about empowering women to thrive and lead fulfilling lives. With an ardent desire to uplift others, Coach T is committed to helping women overcome obstacles and discover their true potential. She creates a safe and positive environment where women can delve into their inner thoughts and uncover the underlying reasons behind mental blocks and feelings of being stuck.

In 2023, Coach T expanded her coaching expertise to include women entrepreneurs, recognizing the importance of developing a robust Workforce Management (WFM) strategy. As the founder of HeRBiz, Coach T serves as a valuable resource for both new and established women entrepreneurs, guiding them in developing strategies that not only ensure customer satisfaction but also align with their business goals. By focusing on having the right people in the right place at the right time, Coach T helps entrepreneurs optimize their workforce and drive success.

With an impressive background spanning 15 years in WFM across the public and private sectors, Coach T brings a wealth of experience to her coaching practice. Additionally, she holds the esteemed title of Certified Master Life Coach, possessing a decade of expertise in guiding individuals towards personal growth and fulfillment. Coach T not only equips women entrepreneurs to nurture their minds (Mind HeR Mind) but also to effectively manage their businesses (Mind HeR Business).

Get In Touch

www.heremedy.com

Join us at HeRemedy as we embark on this exciting journey of empowering women entrepreneurs. Together, we create a supportive and inclusive community that celebrates the achievements of women in business and paves the way for their continued success.



“Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O Lord, my strength, and my redeemer.” – Psalm 19:14