



# TARA MCMENAMY SHEAHAN • BIO



**A** former elite athlete, Mom, sports marketing and TV exec, Tara got “sick to get well” from Lyme disease and discovered the mind/body/spirit connection. On her way to training for the 2006 Winter Olympics in xc skiing she got bit by a rattlesnake, which inspired her to learn about Native American medicine and healing traditions. In 2008, she began an 8-year immersion at Oneness University/One World Academy to explore the “Art of Inner Listening”, and how to disengage from negative perceptions and the conditioning that create human suffering. Most recently she lived in South Dakota on the Pine Ridge Reservation and in Rapid City where she deepened her understanding of the challenges faced by the Lakota and other indigenous people.

Tara co-founded Conscious Global Leadership in 2010 with former husband and Patagonia CEO Casey Sheahan along with therapist and author of ‘Happily Ever Right Now’ Luann Robinson Hull, as a legacy to her two sons Caelin, 25 and Aidan, 23. CGL’s mission and vision: Igniting global social harmony by strengthening the character and consciousness of leaders across all fields. Sharing best ‘inner practices’ and mentoring others for heart-centered living and leadership.

She is a Mindfulness and Breathelab expert and trainer; inspirational speaker; ambassador for indigenous wisdom and Earth stewardship; partner on Deepak Chopra and Dr. Rudy Tanzi’s global research study “Self Directed Biological Transformation;” environmental activist and co-founder of Frack Free Colorado; board member of The Aspen Brain Forum/Brain Lab and the Aspen Institute Alliance for Artisans Enterprise. CGL supports and partners with DJ Sunfeather “Music for Peace and Youth Activism,” Erica Ford’s NYC-based Life Camp youth leadership development; the Lakota Youth Ride; the Watson Caring Science Institute, and Qualia Threads wellness company. She lives in Carbondale, Colorado.

