



KANIKA TOLVER

CREATING EPIC LIVES



SPEAKING TOPICS:

From Employee to Empowered: How to Take Back Control of Your Career
Women in Tech – How to Get the Position and Pay You Deserve
The Other “F” Word – Failure: How Not to Get Wrapped in Failure
Invest to Win: A Game-Plan for African Americans in the Tech Industry



Kanika Tolver is no ordinary “social-preneur.” This highly decorated information technology Federal Government professional, rebel entrepreneur and Certified Professional Coach is a serial innovator who’s fueled by an extraordinary commitment to social change and helping others create their own “epic lives.”

Kanika is the CEO and Founder of [Career Rehab, LLC](#) in Washington, DC. Career Rehab focuses on assisting career transformations for students, professionals and retirees. Her company provides career coaching programs, events, webinars, and digital resources to help people reach their career goals.

Kanika is an in-demand coach, consultant, speaker and thought leader who’s often tapped as an expert source for the media, having been featured on CNN, CBS Radio, Yahoo, Glassdoor, Entrepreneur, the Washington Post and in a variety of radio interviews. However, she specializes in helping individuals establish themselves as the “architects of their own lives” and realize career, business, life and spiritual success—all in a way that promotes restoration, balance and nurturing of one’s authentic self. Her services include career and technology coaching. A self-professed “tech geek” and career technologist enamored by the latest and greatest gadgetry, Tolver is also an advocate that promotes “people of color” becoming more involved in science and technology.

Kanika is also author of the acclaimed title, [“Life Rehab: Don’t Overdose on Pain, People and Power”](#) (Paperback, ISBN 978-0615797939). In this lauded book, which boasts nearly a 100% five-star rating on Amazon.com, Tolver not only talks about her own personal experiences with self-identity issues, painful relationships, managing her weight, and bad career experiences, but also provides a step-by-step plan for your own bona fide “Life Rehab.”

Kanika Tolver, who graduated from Bowie State University in Maryland, currently hails from Washington, DC, where she has lived for most of her life. She enjoys spending time with her husband, family and friends.

TESTIMONIALS:

“Kanika Tolver did a phenomenal job when she spoke at our Women's Month AFGE Union seminar. She educated Federal professionals on how to advance within the Federal Government as a woman. She is truly a rock star speaker and her authenticity is one of a kind.”

-Sheila Wilson, U.S. Department of Transportation

MEDIA:

CNN, CBS Radio, Yahoo, Glassdoor, Entrepreneur, and Washington Post

CLIENTS:

U.S. Department of Transportation
Blacks in Technology
Trinity College
Bowie State University
Fairfax County VA Public Schools
Girl Code Symposium

www.KanikaTolver.com
Kanika@KanikaTolver.com
240-304-9998

