

Tzara Attwater

Self Leadership Speaker | Development Coach

Tzara is an acclaimed self-leadership motivational speaker and relationship development coach dedicated to empowering individuals to take control of their lives, relationships, and personal growth.

With a focus on helping those with anxious attachment patterns, Tzara provides transformative guidance to build emotional resilience, self-confidence, and secure, lasting relationships.



Tzara is a renowned researcher, author, and thought leader in self-leadership and relationship development. Known for her engaging and dynamic speaking style, Tzara blends warmth, energy, and thought-provoking insights to inspire meaningful change.

What sets Tzara apart is her courageous journey of transformation—leaving behind a conventional life and an unhealthy decade-long relationship to travel around Australia in a motorhome.

This adventure was not just a physical journey, but a profound inner transformation. Facing challenges and unexpected encounters in the outback, Tzara embraced resilience and self-leadership, navigating both the vast landscapes of Australia and the depths of her own potential.

- **Ideal Audience:** Professionals seeking personal and relational growth, individuals dealing with anxious attachment issues, and anyone ready for self-discovery.
- **Credentials:** A recognised authority in self-leadership and relationship dynamics, Tzara has led numerous well-received workshops, both online and in person, helping individuals overcome relationship anxiety and build confidence.
- **Interesting Fact:** Tzara has chased ten total solar eclipses around the world, embodying the same awe and exploration she brings to her work.

If you're looking for a speaker who combines deep expertise with an inspiring personal story, Tzara is the one to watch. Her message of courage and empowerment resonates long after the conversation ends.

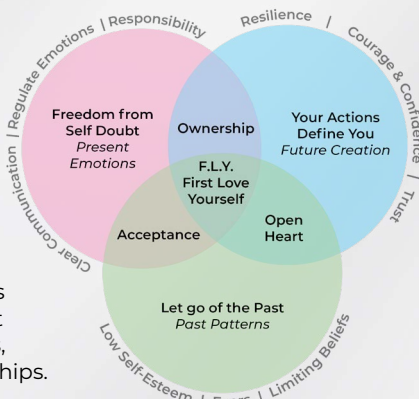
Tzara spent two years solo in a motorhome, chasing eclipses, surviving wild encounters, and overcoming a major leg injury. A bold journey of resilience and adventure, proving what's possible when you step out of your comfort zone.

Signature System

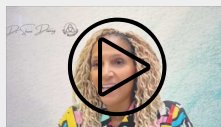
Tzara helps those who feel anxious and unsure in relationships to break free from patterns of overthinking, insecurity, and chasing emotionally unavailable partners.

Through her signature "First Love Yourself" (FLY) pathway, she provides practical tools to build self-worth, set boundaries, and trust their decisions, leading to healthier, secure relationships.

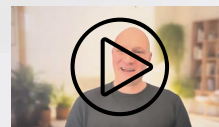
Drawing from her own experiences, Tzara inspires audiences to embrace confidence, resilience, and emotional freedom, empowering them to thrive in both their personal and professional lives.



Testimonials

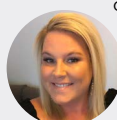


Click to hear Dr Shara's experience



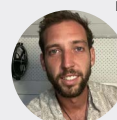
Click to hear Gary's experience

"Tzara helped me to see that I so often put the needs of others first and gave me some tips to feel more confident to express my feelings in the moment. I've already made some huge life-changing decisions and I'm excited to back myself"



- Brooke

"Working with Tzara has been truly transformative. I've learned to set boundaries, embrace my self-worth, and attract the relationships I deserve. I now feel more confident and secure, ready to face whatever comes next!"



- Mitchell

Book Tzara for your event

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