

Tochi Adimiche  
Tochi, Inc  
P O Box 37265  
Houston, TX 77237  
347.402.5074  
contact@tochi.us  
www.tochi.us

*I succeed  
– only when you do.*

## SOME FAST FACTS ABOUT TOCHI

Evaluating what has worked for most people, Tochi has discovered that while a knowledge of theories in cause and effect relationships is helpful, you will be more likely interested in direct, clear methods you can use to overcome your immediate personal and business challenges. Thus, she focuses on showing you the different paths to your freedom.

Have you been looking for a customized message or training for your client, group or staff? Look no further! When you bring Tochi aboard your team, she will make you look like the star!

Based on your specific needs, she will provide you with the practical strategies you can use to:

- liberate yourself to do the things you really want to do
- increase your personal and group efficiency
- broaden your operational mindset
- leverage your talents and skills to further your goals
- motivate and inspire you to higher performances

Tochi is a remarkably powerful and effective speaker. Indeed, only after a few minutes with her, audiences rave about her high energy and captivating manner. She is a masterful motivator who knows how to get your attention, how to keep it and how to rapidly stimulate profound changes. She educates and motivates you and your team, enabling you to meet and exceed your meeting objectives. Her unique perspectives, infectious warmth and conversational style makes every keynote speech and every encounter with her as valuable as it is memorable.

A logical consequence of her speaking and coaching work is her involvement with mentoring. Tochi is both a mentor and mentee in empowerment and communications; she is also available to provide individual and group mentoring sessions to reinforce the messages delivered during the presentation to your group.

Tochi was born in Montreal, Canada. She earned a Bachelor in Mechanical Engineering from Ryerson University and Master of Science in Mechanical Engineering from Queens University. For several years, she was engaged in engineering design and analysis, vendor development and multi-million dollar project management, in nine



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countries on three continents before opening her first company, *Tochi Inc*, in 2002 to start her life vocation in multimedia communications.

Tochi has been interviewed on nationally syndicated radio shows, featured on television programs and is a contributing writer to some inspirational publications. She is the author of three inspirational books and seven motivational CDs. She has also been the host of her own radio show, ‘Something To Think About With Tochi.’

Tochi is a volunteer with a number of service-oriented organizations. She currently resides in Houston, Texas with her family. You can read her blog at <http://www.tochi.us/blog>.

## **HER AREAS OF EXPERTISE**

- critical human thought, self-transformation, storytelling
- keynotes, talks, lectures, workshops, seminars and conferences

## **SOME OF HER FREQUENTLY REQUESTED TOPICS**

*(W = workshop, P = presentation, K = keynote)*

- *Unleash Yourself! Series (Power of Decision, Power of Focus, Power of Resilience and Power of Leverage) (P)*
- *The Power of Mentoring (P, W)*
- *Self-Transformation (W)*
- *“And What This Really Means Is...”Storytelling Series (P)*
- *Quit Playing, Get Real: It’s Time For Results! (P)*
- *Claim Your Space (K)*
- *Ask For What You Want (K)*
- *May This Silence Never Be Yours (K)*
- *The Power Of Mentoring (W)*
- *The Power of Leverage (W)*
- *The Power Of Your Paradigm (W)*

## **SOME OF HER RECENT ENGAGEMENTS**

- *Ford Motor Company*
- *Delphi Automotive*
- *Toastmasters International*

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- *Lions Club International*
- *Rotary International*
- *FACED*
- *Michigan Association of Black Social Workers (MABSW)*
- *African Women’s Economic Consortium*
- *Unity of Livonia*
- *Detroit Unity Temple*

## **SOME BUSINESS LEADERS AND AUDIENCES RECOMMEND HER**

*“She has such a dynamic, magnetic personality that captivates your attention.”*

*Dennis Skiles, Minister, Unity of Livonia*

*“Tochi showed total control of her subject matter... Her presentation is an affirmation that she practices being her teaching.”*

*Argentina Glasgow, Senior Minister, Detroit Unity Temple*

*“Tochi’s got the real stuff... that matters. This lady is for real.”*

*Doug Lang, President, Lang’s Painting*

*“We were motivated by the mindsets you shared with us during your workshop. What a difference having values and standards makes.”*

*Delphine Spearman, Owner, Del Gallery*

*“You surpassed our expectations... setting a presentation standard that will be hard to surpass.”*

*Shawn Strain, Sales Manager, Ford Motor Company*

*“Excellent speaker. I enjoyed every moment of your presentation. I tried taking notes, however, you were too captivating. Your goodwill in trying to get this message out to the world is such a blessing... I will definitely recommend this to all I know.”*

*Ty Parker, Real Estate Consultant, REMAX Synergy*

*"I am absolutely thrilled to recommend Tochi... she allows you to work through your tasks by assigning challenging, introspective homework that allows you to find the necessary solutions to any particular problem. The changes created in my life have been great and it occurred quickly for me."*

# Tochi Inc.

*whose thoughts are you thinking?*

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*Curtis L Lyons, Financial Advisor, H&R Block Financial Advisors*

*“Tochi’s presentations dare you to go beyond the boundaries of your humanness into the unlimited world of the spirit. She teaches you how to put your foot way into in the mud.”*

*Dr Uwa Osimiri, President & CEO, African Women’s Economic Consortium*

*“Tochi is a powerful presenter, yet her powerful person never overshadows the profound message she gifts her audiences with.”*

*Kathey Batey, Spirited Presentations LLC*

*“Tochi is fun, captivating, entertaining and authentic in her presentation style. Everytime I've heard her present, I smile the entire presentation because of her enthusiciam and obvious love of people. Tochi is truly a "one of a kind" package of dynomite!”*

*Kelly Smith, Jane in the Jungle*

## **SOME OF HER MEDIA INTERVIEWS**

- **June 12, 2008: Great Day Houston with Deborah Duncan**

## **SOME OF HER DISTINGUISHED AWARDS**

- **Woman Of Excellence, 2007**
- **Distinguished Toastmaster, 2004**

## **HER MEDIA SHOTS**



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## SOME OF HER PRODUCTS



### **Unleash Yourself!**

**(4-part series: The Power of Decision, The Power of Focus, The Power of Resilience, The Power of Leverage)**



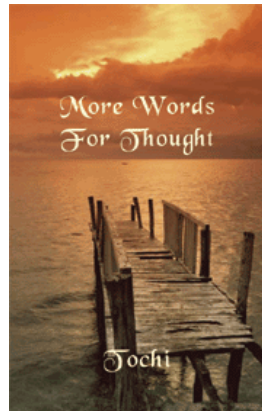
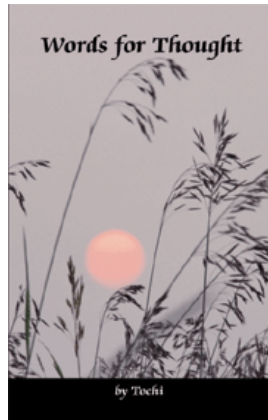
**-Defining Moments  
-Authenticity  
-Losing The Battle... Winning The War**

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***Words For Thought***

(previously published as *Words Of A Woman*)  
ISBN 0-9760659-0-8

***More Words For Thought***

ISBN 0-9760659-1-6  
LCCN 2004096649

***Reasons For Thanks And Praise!***

ISBN 0-9760659-2-4  
LCCN 2004096650

Please contact Tochi for more information or to book an engagement. She would be delighted to work with you!