

Tameka Ellington, Ph.D.

Instructional Assistant, TRIO Educational Talent Search



Organizations book Dr. Tameka Ellington because she brings high energy and real-life examples of struggle to triumph and poverty mindset to growth mindset. She grew up in the inner city of Cleveland, Ohio and was raised by a single mother. Her father was absent due to alcoholism and drug use which landed him in a 15-year prison sentence. Despite the violence and crime surrounding her, Dr. Tameka always strived for excellence. She is a TRIO Upward Bound Alum and was the first person in her family to obtain a college degree. She attributes education, TRIO Programs, and the dedicated mentors in her life as resources that helped her escape poverty and attain the peace of mind needed to go after her dreams.

Dr. Tameka is CEO and Founder of Dr. Tameka Ellington Enterprises, a personal and professional development company. She is a speaker, internationally acclaimed and awarded fashion scholar, and confidence coach. She's the author of four books, including the award-winning book, TEXTURES: the history and art of Black hair written for its namesake exhibition co-curated by Dr. Tameka, featuring artifacts and contemporary artworks musing on Black hair and Black culture. Her fifth book, Black Hair in a White World was released summer 2023 with Kent State University (KSU) Press. Dr. Tameka is also the host of the Black Beauty Activist Podcast where she has critical conversations with her guests to disrupt Westernize beauty standards and raise the consciousness and confidence of Black women.

Dr. Tameka obtained a BA from KSU, a MA from Michigan State University, and a PhD in Curriculum and Instruction from KSU. She has received many awards for her work including her most recent the 2022 Educational Opportunity Association Achiever Award. Dr. Tameka is dedicated to empowering her clients to achieve new levels of self-confidence and helping them break down cultural barriers in their personal and professional "On the other side of fear is your beautiful confidence."

Speech Topics

The Power of Deserving - Focuses on Mirror Work, affirmations, and other strategies to develop a greater sense of worthiness.

Diversity Equity and Belonging - How to call out and combat biases to promote a more inclusive work environment.

Be the GOAT - Career success preparation and tools for building confidence on the journey from school into the workplace.