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TONYA M. BROWN

Tonya M. Brown, M.Ed., M.S.

## Biography

Tonya M. Brown is an Associate Professor of Psychology at Baltimore City Community College, where she has been a faculty member since 2003. In addition, she is an adjunct professor of psychology at Southern New Hampshire, and in 2017 she was awarded the COCE Award for Outstanding Instruction in Social Science. Teaching for over twenty years influenced Tonya to become a speaker and writer.

Tonya graduated from St. John's College High School in Washington, D.C., and completed the Bachelor of Arts Degree in English from the University of Maryland, College Park. She received the Master of Education Degree from The George Washington University and the Master of Science Degree in Psychology from the University of Phoenix.

As the founder and CEO of Professor Brown, LLC, Tonya has developed workshops, conferences, and keynotes on Healthy Living; Weight Loss and Weight Management; Abandoning Anger and Embracing Love; Education and Leadership; Diversity in Education; Hip Hop Music and Culture; College Admissions Coaching; Children of Incarcerated Parents; Single Parents as Heads of Households; Retention of African American Male College Students; First-Year College Experience; and Women in Ministry. Through this platform, Tonya developed Conversations with Professor Brown Webinar Series during the COVID-19 pandemic to provide access to a dynamic array of speakers virtually on topics including social justice, virtual and online education, mental health, self-care, supporting aging parents, multi-generational relationships, and building second careers.

Community service is also important to Tonya, and she promotes women's health and wellness through her membership in Alpha Kappa Alpha Sorority, Xi Omega Chapter. Additionally, Tonya is a member of, American Psychological Association, NAMI, the National Council of Negro Women, and the University of Maryland Alumni Association.

Tonya is the author of *There is Nothing You Can't Do Freewriting Journal*, available at [www.tonyambrown.com](http://www.tonyambrown.com). Tonya lives in Washington, DC, and enjoys indoor cycling, 5K events, strength training, reading non-fiction, and spending time with friends and family.