

TASHA GOLDEN, PhD



- Behavioral Scientist & Author
- Expert in Leadership, Creativity & Wellbeing
- International Speaker & Consultant
- Former Touring Singer-Songwriter



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[For more information, visit Dr. Tasha's full profile here.](#)

Conversation Starters for Tasha Golden

1. You began as a full-time singer/songwriter and are now a health scientist and creativity expert. How did that transition happen?
2. You've been open about your experiences with burnout and depression and created a mental health training for creatives. How has this shaped your work as a health scientist and consultant?
3. You developed the "creative mindset" framework. What are its three pillars, and how can leaders use them to drive innovation and navigate uncertainty?
4. You discuss "creative refusal," the idea that challenging emotions can fuel breakthroughs. Can you explain this concept and how people can apply it?
5. You work across arts, health, business, and more. How does this interdisciplinary approach influence your work, and what advice do you have for others looking to break traditional boundaries?
6. How does creativity relate to mental health? How can people tap into their creative potential for better wellbeing?
7. You research and speak about a new model of healthcare called "Arts on Prescription," where creative activities are prescribed to improve health. Can you explain how this works?
8. Many organizations struggle with workplace wellbeing despite investing in wellness programs. What are they missing, and how can creativity and innovative thinking create more resilient, high-performing cultures?
9. You've written about the concept of "talk-about-ability," and how art can make challenging topics...well, "talk-about-able." Tell us about this concept, and why it matters for our lives or our work.
10. What are some hidden drivers of health that most people overlook, and how can understanding them change how we approach wellbeing?
11. You founded a program called *Project Uncaged*, an arts-based health intervention for incarcerated girls. What is that program, and what led you to create it?
12. You created "How We Human," a mental health training for creatives. What gap did you aim to fill with this program?
13. You also work as a consultant. How do concepts like the creative mindset [or other topic of interest to host/audience] show up in your work with organizations?

To book Dr. Golden for your podcast, please contact her agency:



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