

SPEAKER KIT

20
25

DAYNA
TOLBERT



@DAYNAISMYTUTOR



@DAYNALTOLBERT

Meet Dayna

Dayna Tolbert is an educator, speaker, and former medical student with a B.S. in Chemistry from Temple University. She helps students rebuild confidence, strengthen their study skills, and take ownership of their learning journey. Dayna works with both students who are recovering from academic setbacks and high-achievers striving to reach their next level.

Through engaging workshops, keynote sessions, and her student-focused book, she teaches practical strategies for studying smarter, overcoming procrastination, and reflecting productively on setbacks. Her sessions equip students with the tools, structure, and mindset needed to succeed—both in and beyond the classroom.



Testimonial

"Thank you so much for helping me get to, through, and overcome my anxiety with the MCAT. There's no way I would have been half as prepared without you. Your compassion and stern manner in which you teach is invaluable and exactly what I needed. You invested time in me and can't thank you enough. You're incredible!"

-Toddchelle Y., Medical Student, 2021



Student Demographics



ELEMENTARY



HIGH SCHOOL



COLLEGE

40%

NONTRADITIONAL
STUDENTS

Age Range: 9 - 45

Speaking Topics & Signature Talks

MINDSET | STRATEGY | RECOVERY | MOTIVATION

How to Study Like a Medical Student— Even if You're Not One

A high-energy session that teaches students how to organize, absorb, and retain information like top-tier learners—without burning out.

Bounce Back Stronger: What to Do When the Semester Doesn't Go as Planned

For students who've struggled, this session offers a powerful mix of mindset, structure, and strategy to turn setbacks into comebacks.

Procrastination, Be Gone: How to Stop Delaying and Start Doing

Practical, relatable, and refreshingly honest—this session helps students finally break the cycle of procrastination and get things done.

Unlocking First-Gen Excellence: What I Wish I Knew Sooner

An inspiring and honest session for first-generation students navigating higher education without a roadmap.



Past Speaking Engagements

THE GEORGE
WASHINGTON
UNIVERSITY
WASHINGTON, DC



Big Brothers
Big Sisters®



AEA
ALPHA EPSILON DELTA



Speaking Offerings

15-Minute Info Session

Informal meet & greet session designed to briefly cover the topic.

30-Minute Workshop

Session covering the key points and highlights to teach about the topic.

60-Minute Talk or Keynote

Signature talk or custom keynote session to dive deep into the topic.

Testimonial

"With Dayna's advice, my GPA has increased 2 points, and I am on track to graduate college - something I never thought would happen. She really motivated me to do well, and now I know I can achieve anything I set my mind to. I am forever grateful for her."

-Zahra, College Junior, 2024

