



**TANIKA**  
**iN**sight  
**RILEY**

**EDUCATOR &  
CITY BUILDER**

POB  AMOB





# BIOGRAPHY

Tanika Riley aka iNsight is an energetic storyteller, city builder, entrepreneur and artist with a message of personal wellness through the healing arts & financial empowerment.

Tanika was honoured in 2021 as one of the **100 Accomplished Black Women in Canada for 2020**, for her 18+ years working in education, community and youth development, creating innovative programs, speaking, facilitating workshops and hosting events.

Tanika has facilitated, hosted & performed all over the GTA, the Caribbean, Latin America and Africa, infusing her poetry, hip hop and her natural gift for storytelling and laughter to connect with audiences.

Tanika is also the co-founder of POR AMOR, a multi-disciplinary arts and culture organization, dedicated to wellness, & equity .Through this work, she uses the power of arts, culture and creativity to engage communities in meaningful conversations & collaborations necessary for healing and transformation

Tanika has worked in partnership with Sacred Women International, Indigenous Leaders, United Way of Greater Toronto, Community & Health Centres. She has also collaborated with every major school board in the GTA.

A dedicated mother, auntie, & mentor in her community, a social change maker, Tanika is passionate about the guiding principle of love as a force for unity & compassion in our families, schools, organizations and communities across the globe.

**“ In every instance, I am a teacher and a student. We are here to learn from each other, no matter our titles, we all have wisdom to share... ”**

# CV

## **Trainings, Retreats & City Building**

2014- Toronto Community Housing- Staff Training  
2014- Focus on Youth Training, TCDSB  
2015-2018- Camp Olympia Youth Leadership Retreat, Muskoka ,Ontario  
2012- 2018 -Rites of Passage Youth development  
2014-2018- SMILE Camp Police and TCDSB Student and Teacher Retreat  
2016- Youth Engagement Strategies for Teachers- TCDSB  
2016- Old Navy Staff Wellness  
2016-2017-Maxwell Heights Student Training  
2017- Staff Wellness, TCDSB  
2017- Sacred Women International Jamaica Retreat  
2018- Ontario Council for Associations Serving Immigrants  
2018- Centennial College Faculty Wellness  
2018 - Durham Rising Committee Member  
2016- 2018- Community Development Program Advisory Circle,  
Centennial College  
2019- Dance Immersion: Self-Awareness & Communication

## **Keynotes, Assemblies and Special Events**

2017- Safe Schools Event  
2017- Lakeshore Arts Festival  
2017- Cardinal Newman Stop the Stigma  
2017- Broughton PS  
2017- Our Lady of Fatima  
2017- St Lucy Brampton  
2017- St Francis of Assisi  
2017- Stop the Stigma 10 years Anniversary Event  
2018- Brisdale PS, PDSB  
2018- St Luke  
2018- Agnes Taylor ,PDSB  
2018-St.Teresa, DCDSB  
2018-Maxwell Heights-Equity Event  
2018- John Brebuff, Mental Health & Wellness  
2018-Marshall McLuhan, Stop the Stigma Event- TDSB  
2018- Parliament of the World's Religions  
2018- Stop the Stigma, Mental Health & Wellness Event  
2019- Interfaith Youth Alliance Movement  
2019- Diversity Conference  
2019- Cardinal Carter Wellness Day  
2021- Loretto College Week without Violence  
2021-Madonna Catholic School Black History Keynote

## **Programs & Workshops**

2015-2017- YWCA  
2015-2018-Rites of Passage  
2016-Scarborough Arts  
2017- TCDSB Inclusion Event  
2017-2018- Francis Liberman  
2017 - St Sylvester  
2017- Blessed Mother Teresa  
2017 - Erin Mills  
2017- St Pius  
2017-West Lynn PS, Brantford  
2015-2017- St Andre  
2017- Holy Spirit  
2017-St Agatha  
2017- St Timothy  
2017-St.Teresa  
2017-Francis Liberman SS  
2018- Lakewoods PS, DDSB  
2018- Roots and Branches  
2018- Holy Cross  
2018- C.D Farquharson, DDSB  
2018- Markham Gateway PS, YRDSB  
2018 -St Martin DePorres  
2018- St Jean-Marie Vianney  
2018- St Boniface  
2018- St.Barbara  
2018 - Brisdale  
2018- St Richard  
2018- Artesian Drive PS  
2018- St Thomas Moore  
2018- Ellen Flairclough PS  
2018- Our Lady of Wisdom  
2018- St Catherine  
2018- Good Shepard, DPCSB  
2018- Apple Alternative Highschool  
2019- Diversity Conference Peel District  
2019- Dovercourt PS- Wellness Event  
2019- St.Theresa- 9 week program  
2019- Caruthers Creek- 9 week program  
2021-Work on Wealth Wednesdays- Weekly Youtube

## **Hosting**

2013- 2018- POR AMOR Events  
2016 - Rights of Passage Conference  
2013-2017- Rites of Passage  
Graduation Ceremony  
2016- Melissa & Chris Wedding  
2017 - Lakeshore Arts Festival  
2017- Studio 89 Women's Event  
2017 -Harriet Tubman Games  
2018- Parliament of the World's Religions;  
Alchemy of Women Event  
2019- Jurassic Park East, Pickering: Raptors  
NBA championship Finals  
2021- HERSpace Virtual Holiday Market

## **Certification, Awards & Personal Training**

2005 BSc in Community Development, U of T  
2015-2016 -Sacred Leadership Program  
2018-Next 25 Women Entrepreneurship  
Program  
**2020- 100 Accomplished Black Canadian  
Women Award**  
2021- Ontario Licensed Mutual Funds



# TESTIMONIALS

Over the years we have had numerous Assemblies by far the POR AMOR assembly with Tanika Riley is the best we have ever seen.

**M. Oliver, Principal, DCDSB**

Tanika has a Gift of Actively Engaging students & staff around meaningful topics that truly matter. Always highly entertaining and Educational.

**M. Consul, Student Leadership & Staff Development Coordinator, TCDSB**

Tanika's keynote was extremely youth-centric, the audience was entertained and engaged through her use of music, performance & storytelling. Her message was relevant and empowered students to go within, get out their comfort zones and lead.

**M. Gomes, Safe Schools Teacher, TCDSB.**

Our workshop sessions with Tanika was engaging, informative, and extremely fun. Tanika helped us get closer as a team, and we really enjoyed the use of arts based practices to get us out of our heads (and chairs) and into our hearts, where true transformation occurs.

**P. Osbourne, Manager, Woodgreen Community Services**



CONTACT

**POR AMOR**  
building movements piece by piece



[Tanika Insight & POR AMOR community](#)



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