

About

TREY ANTHONY

Award-Winning Playwright | Author | Producer | Transformational Speaker

Trey Anthony is an award-winning playwright, author, producer, and speaker whose bold, emotionally honest work centers the lived experiences of Black women and the healing power of storytelling. She is the creator of the internationally acclaimed hit 'da Kink in My Hair and the author of Black Girl in Love (With Herself).

With a career spanning theatre, television, and education, Trey has delivered keynote talks and workshops across North America, including at Harvard University, New York University, and Spelman College. As a speaker, she brings warmth, humor, and deep vulnerability—creating spaces where audiences feel seen, challenged, and empowered to tell the truth about their own lives.



Speaking Focus Areas



Mental Health

We Black — We Don't Do "Crazy!" An honest and compassionate conversation about recognizing the signs of depression, breaking the stigma around mental health in Black communities, gaining support, and taking actionable steps toward wellness and emotional resilience—including how to pivot when life blows up in your face and rebuild with clarity, courage, and care.



Achieve Anything You Want

Stand in Your Truth — Your Mess Will Be Your Message
Using storytelling as a powerful tool for growth, confidence, and success. This talk explores how to tell your story with clarity and courage, win over any audience, and speak with confidence in public speaking, leadership, and everyday life.



Diversity & Inclusion

You Put Your Foot in Your Mouth... Again! A practical and engaging guide to having sensitive, meaningful conversations about race, class, and sexuality. Learn how to communicate with awareness, curiosity, and respect—without fear, offense, or shutting dialogue down.

Media & Online Presence

MARILYN CTV: [youtube.com/watch?v=OcGVhzhxahvM](https://www.youtube.com/watch?v=OcGVhzhxahvM)

FORBES: forbes.com/sites/pauleannareid/2021/01/25/advice-for-writing-your-success-story-from-award-winning-playwright-and-author-trey-anthony/?ss=forbes-women&sh=60609c121514

TEDX: [youtube.com/watch?v=IH5315rM5b8](https://www.youtube.com/watch?v=IH5315rM5b8)

To book TREY ANTHONY for speaking engagements, please email: ife@chi-ife.com

