



DR. TAMMY FOSTER-KNIGHT

BIOGRAPHY

Dr. Tammy Foster-Knight brings 35 years of comprehensive blue-chip experience in military leadership, human capital development, business development, community service, and post-graduate academia. She spent 23+ years on active Air Force duty, entering in August 1987 as an Airman Basic/E-1. Having served in 10 different locations, including a 7-month deployment to Iraq, Dr. Foster-Knight retired in June 2011 as a Major/O-4, Manpower & Personnel officer.

As an extension of her military service and the President of Dr. Tammy Foster-Knight, LLC; she advises organizations on the dynamics of leadership development, complex communications, and performance management. As part of her business strategist credentials, she is a certified Myers-Briggs Type Indicator® (MBTI®), Step 1 and Step II, Practitioner. She develops interactive training plans and administers employee self-assessments to help teams best understand their personality types and those in the general population.

Dr. Foster-Knight is the President & CEO of Optional Solutions, LLC; a Healthcare Provider of Durable Medical Equipment (DME) & Supplies and Safety-Personal Protective Equipment (PPE). Having been in business for 14 years, OS, LLC delivers exceptional products to healthcare professionals and construction companies; nationally and internationally. Her sister company, Safe-T-Gear, manufactures disposable nitrile gloves and nitrile-dipped work gloves (www.optionalsolutionsllc-dme.com) | (www.safetgear-ppe.com).

Dr. Foster-Knight continues to serve her country as the Founder of She VET, Inc., a 501(c)3 organization. She Vet, Inc. is a platform designed to use Women Veterans' collective strength to help one another move upward, move forward, and move onward. The organization advocates for positive change in the individual Service Woman and the condition of Women Veterans as a whole. Her dissertation discusses, "Military Sexual Trauma: Women Veterans Diagnosed with Post-Traumatic Stress Disorder as a Result of Sexual Trauma While Deployed to Iraq and Afghanistan and their Decisions Not to Report." (www.shevetinc.org)

As a professional student, Dr. Foster-Knight has a Bachelor of Arts in Psychology from the University of South Florida, a Master of Arts in Human Relations from the University of Oklahoma, a Master of Arts in Organization & Management from Capella University, and a Ph.D. in Organizational Leadership from The Chicago School of Professional Psychology.

Dr. Foster-Knight is a leading authority in cutting-edge adult education. As an adjunct professor, she facilitates courses in organizational leadership: Managing & Leading in Business, Strategic Change Management, Human Relations in Administration, and Corporate Social Responsibility, to name a few. She is also a Course Author Consultant, a Subject Matter Expert in Leadership and Management, and an Editor for SAGE Publishing.

A native of Tampa, Florida, Dr. Foster-Knight has one daughter, Tai, and four grandchildren: Lyric (15), Jayden (11), Elijah (6), and little Nola Rei (6 months old).

Linkedin: [linkedin.com/in/dr-tammy-foster-knight](https://www.linkedin.com/in/dr-tammy-foster-knight) | Email: tammy@optionalsolutionsllc-dme.com

Mobile: 813.892.9888

a/o Oct 26, 2022

Linkedin: [linkedin.com/in/dr-tammy-foster-knight](https://www.linkedin.com/in/dr-tammy-foster-knight) | Email: tammy@optionalsolutionsllc-dme.com

Mobile: 813.892.9888

a/o Oct 26, 2022