



Stress Less | Adapt to Change
Build Mental Strength & Agility

ANGIE **AM** MILLER

KIND WORDS

“Fantastic speaker! Content was easy to understand and applicable.”

“Best presentation of the day! Angie was engaging, informative, and had a great sense of humor. “

GLOBAL WELLNESS SPECIALIST

Angie Miller, M.S., LCMHC, CWC, RYT® 200, is a Global Wellness Specialist who champions the intersection between physical, mental, and emotional wellbeing. As a Licensed Clinical Mental Health Therapist, Certified Wellness Coach, International Speaker, Author, and Renowned Fitness Expert, Angie blends her expertise to empower individuals and audiences worldwide, giving them mental and physical strategies for success. Angie hosts NASM's *Strong Mind, Strong Body* podcast. She also offers keynotes and workshops internationally, helping individuals and teams stress less, adapt to change, and build mental strength and agility. She has been invited to speak at some of the world's most recognized health and wellness conferences, including Beyond Activ in Singapore, AFC in Thailand, Illinois Counseling Association, IDEA World, NASM OPTima, and CanFitPro. Angie is a professional development educator and subject matter expert for the National Academy of Sports Medicine, and formerly taught Stress Management and Sport Psychology in the Department of Kinesiology at Northern Illinois University. She films with Gaiam TV Fit & Yoga and writes for numerous professional journals.



As seen in:



SIGNATURE TOPICS

MINDSET FOR SUCCESS

Mental barriers are often the number one preventer of success, from bad habits to change resistance, mental traps hold teams back. This session will give you tools to help you and your team overcome perceived obstacles and embrace a growth mindset to maximize performance. Your team will learn how to:

- Overcome perceived obstacles
- Break free from common mental barriers
- Embrace a growth mindset to maximize performance

SELF AWARENESS STRENGTH TRAINING

Leaders with a high EQ make better decisions, are more successful at work, enjoy healthier relationships, and are happier overall. Did you know EQ is more reliable than IQ when it comes to success in the workplace? In this session your team will learn how to:

- Communicate with clarity
- Improve personal and professional relationships
- Resolve interpersonal conflict

BOUNDARIES MATTER: COMBATting BURNOUT IN THE WORKPLACE

Burnout is a looming threat that can undermine team purpose and productivity. Join Angie for a dynamic keynote session where she'll shed light on the causes and symptoms of burnout, while providing practical strategies for prevention and recovery. Your team will learn how to:

- Recognize burnout symptoms and causes.
- Establish and maintain healthy workplace boundaries.
- Implement practical strategies for prevention and recovery.

LET'S WORK
TOGETHER!

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