

Stress Less | Adapt to Change Build Mental Strength & Agility

ANGIE **AM** MILLER

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. A gifted communicator and natural leader, Angie is recognized for her authentic approach to helping individuals and organizations rise to their potential. Her audiences range from mental health, corporate, and fitness professionals to students at the university level. No matter the age, stage, or status in life, Angie believes that we're all connected by a desire to live our lives feeling healthy and strong inside and out.

Angie hosts NASM's Strong Mind, Strong Body podcast, and offers keynotes and workshops internationally on topics that bridge fitness and mental health. She has been invited to speak at some of the world's most recognized health and wellness conferences, including FIT Summit 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.

In a world that is constantly evolving, Angie remains on the cutting edge. Making authentic connections is the common thread in all of Angie's endeavors. Her audiences vary, but the sincerity of her mission is a gift that allows her to reach individuals on a personal level and create communities through her work. Her commitment to excellence is evident in all that she does.





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
- Maximize team 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 actually more reliable than IQ when it comes to success in the workplace? In this session your team will learn how to:

- Navigate change
- 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 set healthy boundaries and thrive amidst challenges.

- Identify the signs and causes of burnout in corporate settings
- Learn how to set healthy boundaries that safeguard wellbeing and foster productivity
- Acquire practical strategies for burnout prevention and recovery