

Your go-to
Wellness Expert
for Keynotes,
Breakouts, Retreats
& Executive
Coaching!



ANGELA GAFFNEY

SPEAKER | AUTHOR
WELLNESS EXPERT

Highly energetic and
engaging presentation

Thought-provoking,
life-changing education

Simple and effective
health strategies you
can implement today!

Genuine care and
compassion for each and
every audience member

A down-to earth, fun
experience that'll keep you
coming back for more

Angela is the catalyst for healthy transformation! After surviving a personal health crisis that nearly took her life, Angela devoted intense time, education and energy into regaining her own health and becoming a Certified Health Coach. She's shared these same proven strategies to help thousands of others lose weight, boost energy, eliminate stress and regain a zest for life. It is possible to achieve health while fulfilling your professional and personal goals; Angela will show you how to make it happen!

Regardless of where people are in their own health journey, Angela's message inspires them to take immediate action and make positive changes in their lives. Her dynamic, compassionate, relatable style draws on her own life's journey and will motivate and encourage others to chart their own course to wellness through whole food nutrition, life fulfillment, stress management and advocating for their own well-being.

**Angela is the
trusted resource for
simple, effective strategies
to achieve health, increase
productivity and live
stress-free while
fulfilling your personal
and professional goals.**

PROGRAMMING OPTIONS:

Angela will customize each
of the following programs
to suit your needs:

- 60-90 minute keynote
- 30 minute hot-seat keynote
- 60-120 minute breakout session or workshop
- Half-day retreat
- Full-day retreat
- Executive Coaching program
- Spouse Coaching program

Let's talk about your event!

800-504-9726

Angela@AngelaGaffney.com

Watch Angela in action and learn more about
her powerful health journey at
www.AngelaGaffney.com

WELLNESS TOPICS

FEEL GOOD, LOOK GOOD, FOR LIFE

- Uncover the secret to long-term health
- Believe in yourself and have the focus to achieve your health goals
- Create ease in life with the Feel Good, Look Good method

THE WELLNESS MOVEMENT

- Learn why people lose their “stick-to-itiveness”
- Shift mindset and create life-style change beyond wellness programming
- Discover the three keys to creating a successful wellness movement

THE EXPERIENTIAL BREAKFAST, LUNCH, OR DINNER

- Explore how food serves the body in health
- Engage in fun activities that foster connection and community
- Shift their mindset; healthy eating can be fun and taste great!

SIMPLE. STRESS FREE. POWER.

- Create healthier boundaries fast; three super simple strategies
- Keep unplanned urgencies from turning into your emergencies
- Let go, say no, and stand in your power; three practical and tactical actions

FEEL GOOD, LOOK GOOD . . . & EXCEL!

- Uncover the secret to long-term health
- Create healthy boundaries for higher productivity
- Tap into the power of words
- Manage the stress of any challenge before it manages you

TRUTH OF THE MATTER: MENU PLANNING

- Uncover the truth about food allergies
- Engage in exercises to support you in the menu planning process
- Serve your conference attendees in an all-inclusive way

TESTIMONIALS

Angela spent a lot of time preparing for our session. She surveyed and researched the group. When she walked in the door, she already knew our key issues. Angela presented information very clearly, not only the “what” but the “why.” She listened and responded to questions that were off-agenda topics but were important to the group. She genuinely cares and leads by example. And her support continued post-session. Worth the investment!

*Becky Zimmerman, President/CEO,
National Sports Center
for the Disabled*

Angela’s presentation was thought provoking! I dramatically increased my overall knowledge base of a healthy, balanced nutrition plan. I learned of the debilitating impact of sugar in your diet (and how to better recognize it and avoid it in your diet). Angela has an effective, engaging presence - our time together passed in an instant. I felt better educated and better prepared to develop a healthy nutrition (and life) plan. Great use of time and highly recommended if you care about your health (and family)!

*Michael Bell, President, COO
Apollo Global Management*

Angela captivated our audience from the moment she began speaking. She connected with each and every attendee in the room—she has an amazing ability to engage with many people at the same time. Angela’s story, guidance, and presence was genuine, and her warmth and perseverance was truly admirable—she motivated our crowd to stop and think about how to be mindful personally and professionally. Selling out of all of her product after the presentation was a sure sign she had inspired our group and left a positive impact on their lives

*Janée Cargil, Washington Counties
Insurance Fund, Wellness Coordinator*



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