

Press Kit

Karie Millspaugh



Keynote Speaker
TV Host
Business and Lifestyle Coach
Best Selling Author
Motivational and Educational Trainer



Why Karie Millspaugh?

If you're looking for a keynote speaker that will inspire, lead and motivate your audience with heartfelt passion then Karie Millspaugh is your choice.

Karie Millspaugh focuses on mindset and subconscious belief patterns.

She has overcome many life challenges and shares her stories from the heart with a unique combination of Education + Inspiration = Motivation.

Karie has built her business from the bottom up without any additional support as a single mother.

After rising up from being almost homeless and on food stamps she discovered the grit that it takes to choose a better life for herself and daughter.

Karie is a pastors kid from the midwest that will stir your soul into greatness with her intuitive wisdom and energy.

Karie's most popular talking points:

Leap and the net will appear: 4 steps to embrace before you take the leap of faith.

Love me Fiercely: Watch your relationships improve with others as the one with yourself blossoms. *Great Team building exercise/personality assessment educational talk (published book coming soon!)

How to overcome FEAR: My personal journey to feeling BULLET PROOF. How to transform Fear into your Super Power! (published book coming soon!)

Permission to BE Me: This Signature talk focuses on self-esteem. Based on my Best Selling Book, Permission to be me, A Transformational Guide from Woman to Goddess.

**Karie can also be hired for workshops
and breakout sessions:**

Workshop topics:

Social Media Marketing: How to brand your business to attract your ideal customer/client through my authentic marketing strategies.

Websites that Sell for you: Use these 3 converting tools to create more traffic and income into your business.

List Building 101: Why having a database and maintaining it can change how you do business.

Master Your Marketing: You've mastered your craft, now it's time to master your marketing by choosing authentic ways for the world to see you.

Who is Karie Millspaugh?

Karie Millspaugh is an International Business and Lifestyle Coach for Public Figures, Chief Visionary Officer of Abundant Living by KLM.

Karie is also a public speaker, best-selling author, and designates most of her time empowering her audience in life, parenthood, relationships and business.

She has started up multiple businesses herself and enjoys helping others all over the globe with their own business idea as they go deep into discovering their purpose, then turning that purpose into profits with their own virtual #LaptopLifestyle Business.

Inspired TV and Media



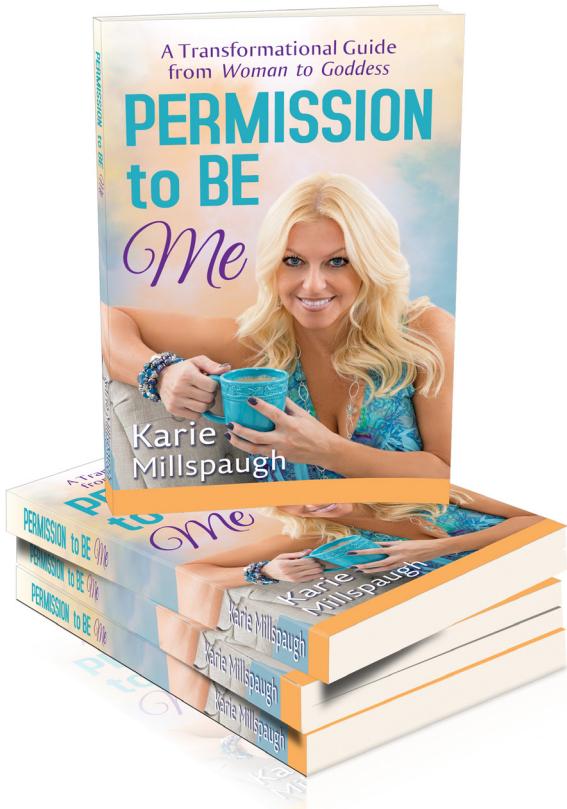
Frequent blogger in the Elephant Journal



Frequent columnist for I Love Coaching Magazine

I Coaching Magazine

Permission to BE Me - What's Inside This Book?



This book is packed with many amazing personal stories that readers will be able to relate to.

Whatever you have been through in your life, 'Permission to Be Me' will take you by the hand and empower you to be everything that God designed you to be, and more!

This self-help guide will help you soar with confidence in your life from the moment you start reading the very first chapter.

~ Freedom is being you without anyone's permission ~

Karie Millspaugh



Ready to hire Karie Millspaugh for your next event?

Please direct all inquiries to:

- 🌐 <http://kariemillspaugh.com/contact-me/>
- ✉️ karie@kariemillspaugh.com

Connect with Karie Millspaugh on Social Media



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