

Karie Millspaugh

Promoting People with Purpose



Award Winning Motivational Speaker

CEO of Publicity Creations by Design

Best-Selling Author

Visibility Consultant



www.kariemillspaugh.com

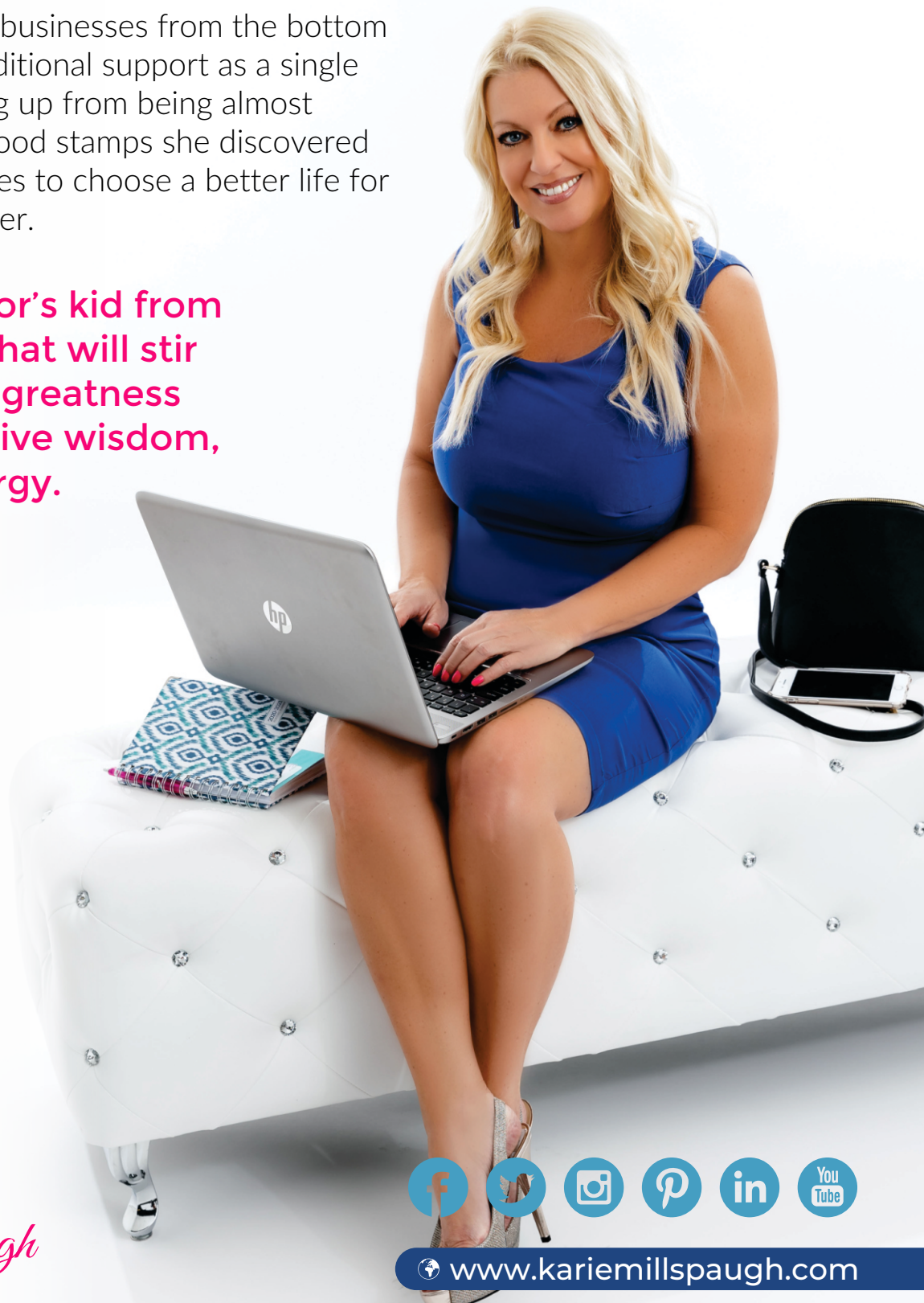
Why Karie?

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

Karie focuses on mindset and subconscious belief patterns. She has overcome many life challenges and shares her authentic stories from the heart with a unique combination of Education + Inspiration = Motivation.

Karie has built her businesses 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 pastor's kid from the Midwest that will stir your soul into greatness with her intuitive wisdom, faith, and energy.



Karie Millspaugh



www.kariemillspaugh.com

Who is Karie?

Karie Millspaugh is a Visibility Consultant, specializing in Public Relations & Marketing for Speakers, Authors, Public Figures, and Influencers.

She is also the Founder and CEO of 5 Star Keynote Speakers and Publicity Creations by Design, a marketing and public relations agency. She assists her clients with their personal brand and enhances it to be seen on-line, in the media, and on the stage through her publicity and marketing strategies.

Karie has had a leadership and motivating role of encouraging and empowering others since the age of 22. From multiple sales roles, hosting live events, managing an International Business Coaches 52 city speaking tour in 2010 as his Publicist, assisting the growth of that Global Coaching Company from 26 countries to 55 during her tenure there, to coaching brand new business owners how to scale their business growth right out of the gate. The common denominator has always been to help others find their true limitless potential.

Karie is also a keynote speaker, best-selling author, and designates most of her time empowering her audience in entrepreneurship, leadership, and business. In her spare time, you can find her planning her next trip or adventure as she thoroughly enjoys embracing all that life has to offer. Karie currently resides in Las Vegas as a single mother to one amazing and brilliant daughter.



Karie Millspaugh



www.kariemillspaugh.com

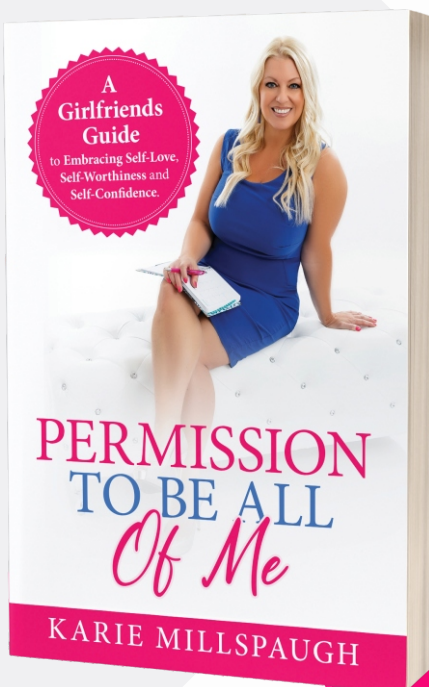
Publications

Permission to Be ALL of Me

A Girlfriends' Guide to Embracing Self-Love, Self-Worthiness and Self-Confidence.

Second Edition of Permission to BE Me

Permission to Be ALL of Me is the second edition of Permission to BE Me. This new edition is a motivational and inspiring guide to fully embracing your true self. This is not your average woman's self-help book; it is filled with raw and unfiltered storytelling that will leave you feeling like you're having coffee with a girlfriend. The only difference is that she is sharing insider secrets to embracing a fuller life and it all starts with first giving yourself permission.



In this day and age, we all need to develop feelings of self-worth, self-acceptance, and self-love. In a world where insults, criticisms, and fears are spread on a regular basis along with unrealistic beauty expectations, we look for ways to uncover the truth and gratitude of our lives. The best way forward is to let go of our own negative thinking and make peace with ourselves as we learn to embrace our own imperfections.

In a woman's journey toward realizing her full potential, embracing self-love is a necessary step to developing the confidence needed to take on the world.

Karie Millspaugh



www.kariemillspaugh.com

Rave Reviews



I have been working with Karie since 2018. She has helped me create my marketing portfolio and a branding campaign. Karie knows the speaking industry and online marketing. She inspired me to be creative and present myself in a way that attracts clients and speaking opportunities. Karie has the ability to listen and understand your needs and at the same time suggest things that make a difference. She is fun and pleasant and has a contagious positive energy that makes me excited to work with her every day. I believe that Karie has a genuine interest in my success!

Terry Sidford, *International Best-Selling Author, Keynote and TEDx Speaker at Create Your Life International*



Karie knows business! Those wanting to truly step into the entrepreneurial world, she is a godsend! She will save you time, money, and aggravation by sharing her wealth of information. Even if you're already in business, she can help you take it to the next level. Plus, she is not only smart, but truly kind with the utmost integrity. What a gem!

Jenny G. Perry, *Best-Selling Author & Transformation Coach*



Karie. Is. Awesome. She is very warm, incredibly supportive, and gets to know the details of you right away. She knows how to work with people of different personality styles and maximizes your potential with her insights and encouragement. Great coach, trainer, and speaker!

Sean Schoenmakers, *Business Coach*



Painting the forest tree by tree then having you take a step back and look at your work is the best way I can describe Karie's positive impact. Her ability to take you to new heights by painting a clear picture of yourself has helped me take my business to new levels in so many ways. She's not changing perspectives, she guided me to additional perspectives of self! Karie is one of only a handful of individuals I can say is a personal friend and a trusted partner in my journey called the Business Life

William E. Linzey, *Business Coach*

Karie's Most Requested Talks

Areas of Expertise: Online Marketing and Publicity, Business, Self-Development, Leadership, Women's Empowerment, Faith-Based and Entrepreneurship.

L.E.A.P and the Net will Appear:

4 Steps to embrace before you take the leap of faith!

Keynote and Breakout Session available

Description

In life and business, we often times get stuck in the decision-making process. We want to see the entire staircase before taking the first step which isn't realistic.

This heartfelt and unfiltered talk will capture your interest and pull at your heart strings as Karie teaches her audience how to trust themselves and how to get off the fence of indecision. She demonstrates tangible bite-sized strategies that will empower them to make life changing decisions with ease, confidence, and tenacity.

Outcomes

- ✓ Grow Exponentially as a Person and Business Owner
- ✓ Learn to Trust Yourself
- ✓ Take More Risks
- ✓ Learn to Combat Fear

How to L.E.A.D your Business and Life from the INSIDE OUT:

The 4 key ingredients that a true leader needs in order to achieve success.

Description

Business can be a love/hate relationship. How we feel about our business on the INSIDE can create a ripple effect of how it treats us on the OUTSIDE. It shows up in our marketing, leads, funding, cash flow, clients, and opportunities. "If you get the inside right, the outside will fall into place."

Eckhart Tolle, True leadership is taking your stance as the role of the director in your movie of life... instead of defaulting as just the actor.

Karie shares her L.E.A.D method with authenticity, real-life inspirational stories, and tangible tools to empower her audience to leading with intention.

Outcomes

- ✓ Leadership Skills
- ✓ Business Growth
- ✓ Attract and Align with Opportunities
- ✓ Abundant Mindset

Permission to SHINE:

3 Reasons why your business needs Y.O.U in the spotlight. So you can make an IMPACT while making more INCOME.

Keynote and Breakout Session available

Description

Not everyone that starts a business loves the spotlight, in fact most tend to be more introverted. What most business owners fail to recognize is that their own personal energy is a necessity when it comes to business success.

Karie shifts the average business owner's mindset into thinking outside the box when it comes to being in the spotlight. She will have them seeing that it's not really about them personally, but the message that is flowing through them.

Through her stories and new perspective, most business owners learn how to get out of their own way and increase their chances for business success while embracing the spotlight.

Outcomes

- ✓ Increase Profits
- ✓ Influx of Followers & Subscribers
- ✓ More Visibility for your Brand & Business
- ✓ Align with Business Opportunities

Permission to be ALL of Me:

This Signature talk focuses on women's self-esteem and confidence. Based on my Best-Selling Books, "*Permission to BE me and Permission to be ALL of Me*".

Description

Women of all ages need to develop feelings of self-worth, self-acceptance, and self-love. In a world where insults, criticisms, and fears are spread on a regular basis along with unrealistic beauty expectations, we look for ways to uncover the truth and gratitude of our lives. The best way forward is to let go of our own negative thinking and make peace with ourselves as we learn to embrace our own imperfections.

In a woman's journey toward realizing her full potential, embracing self-love is a necessary step to developing the confidence needed to take on the world. Karie shares many raw and unfiltered stories that will leave you feeling like you're having coffee with a girlfriend. The only difference is that she is sharing insider secrets to embracing a fuller life and it all starts with first giving yourself permission.

Outcomes

- ✓ Newfound Confidence
- ✓ Unstoppable Mindset
- ✓ A New Refreshing Relationship with Yourself
- ✓ Tools to Go After the Life You've Always Wanted

Some Fun Facts About Karie



One of 5 Kids



Helped my dad publish his first book at the age of 80



Enjoys Sky Diving and other adrenaline junkie activities



Owned a Dirt Bike



Flew a stunt plane – twice!



Chose to be a Role Model - Instead of a model

Karie Millspaugh

Promoting People with Purpose

 www.kariemillspaugh.com

karie@kariemillspaugh.com

 **734.612.2964**

