



Dr. Eve Agee

Anthropologist, Author, Motivational Speaker, and Coach

“Hearing Eve Agee, Ph.D. speak about women’s wellness and empowerment at the Rosewood Center in Los Angeles put my heart at ease. Eve brings fascinating life experience and a lively and authentic spirit to her presentations. She is a true teacher and a fantastic storyteller to boot!”

Mel DuPuy, Breathing-Life Coach and Yoga Instructor

About Dr. Eve Agee

Dr. Eve Agee, Ph.D., is a coach, trainer and motivational speaker who inspires groups and individuals to create true wellness and success in every area of life and work. She brings years of experience as a national wellness and leadership expert to her powerful workshops, programs, and presentations for corporate teams and general audiences.

A medical anthropologist, best selling author, speaker and certified coach, Eve’s passion for wellness was sparked while researching the healing traditions of cultures throughout the world. Eve shares this global wisdom and her wellness and leadership expertise in her engaging keynote speeches and innovative workshops. She speaks to national audiences on wellness, leadership and women’s empowerment throughout the U.S. and has also been featured in radio and magazines. During the past decade, Eve has helped thousands of individuals and employees learn effective tools to achieve their goals, reduce stress, and create wellness, success, and balance in work and life.

Before embarking on her coaching and speaking career, Eve helped shape national health and education policy as a political appointee for President Clinton. She has also taught at the University of Virginia, served on a White House task force, directed the first Early Childhood Summit, and researched wellness and women’s health as an anthropologist throughout the world. She is available to speak to your group and conduct workshops on workplace wellness, leadership and women’s health and empowerment.

www.eveagee.com

Dr. Eve Agee, PhD.

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What others are saying...

“Through coaching with Eve, my business has doubled its client base in just two years (my income has doubled, as well, even during tough economic times)! My eating habits are the best they’ve ever been. My relationships are more fulfilling, and I am learning to listen to my body and give it what it needs.”

**Hannah Pasquinzo, President,
The Art of Motion**

“Coaching with Eve Agee has given me tools to become more effective at work. I am able to bring greater focus to each encounter while keeping the big picture in mind. Even more importantly, I’m enjoying my work and my colleagues much more. Eve has helped me to improve my life tremendously.”

**Holly Holiman,
Health Care Administrator**

Workshops & Training

▶ **Workplace Wellness Workshop/Training:**

Participants will learn:

- ▶ To identify and change limiting beliefs and develop attitudes that boost effectiveness and satisfaction.
- ▶ Nutrition and lifestyle strategies that will provide more energy and ability to focus.
- ▶ To create a vision of the future that delivers exceptional results for organizations and individuals.

Participants will take away:

- ▶ Stress reduction techniques that increase productivity and fulfillment.
- ▶ A clear action plan for establishing lifelong physical and mental wellness.
- ▶ A proven program that enhances success and leadership.

▶ **Women's Leadership Workshop/Keynote Speech:**

Participants will learn:

- ▶ Why it is essential for more women to move into higher leadership roles in work and society.
- ▶ The critical elements that women bring to the world that have been missing from business and politics.
- ▶ A new vision of the future that is so important to our collective success and well-being.

Participants will take away:

- ▶ New skills to clear the obstacles that frequently prevent women from fully achieving their highest goals.
- ▶ An innovative understanding of self worth and personal contribution that will boost confidence.
- ▶ Strategies to rejuvenate so they have plenty of energy to enjoy their success.

▶ **Women's Wellness & Empowerment Workshop/Keynote Speech:**

Participants will learn:

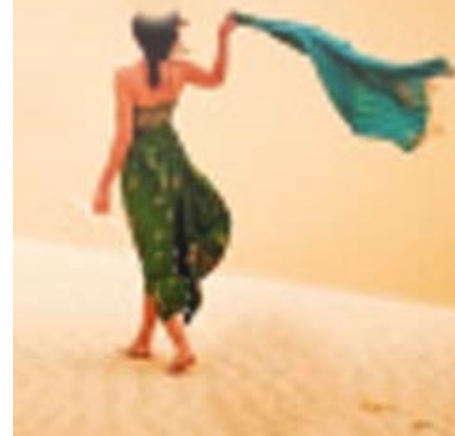
- ▶ The importance of making their body their own best friend.
- ▶ Entertaining and insightful stories about women's health traditions in other cultures.
- ▶ Effective methods to develop their own body wisdom.

Participants will take away:

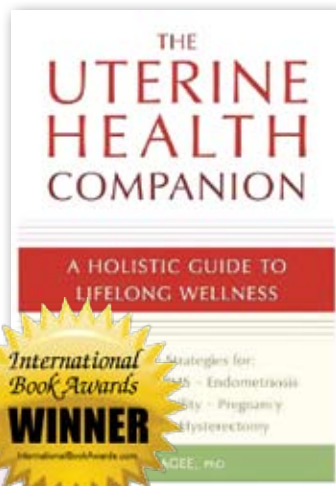
- ▶ Empowered new ways to relate to their bodies.
- ▶ Easy visualization and breathing techniques that reduce stress and enhance health.
- ▶ Revolutionary strategies to build lifelong wellness.

"Seeing Eve Agee speak in Manhattan opened my eyes to viewing my health in a whole new light. She was informative and also really connected with the audience so people felt safe talking about very personal topics in front of a large group."

Susan Taylor
New York



Order Your Copies of Dr. Eve Agee's Latest Books...



Winner of the International Book Awards and Finalist for the USA Book Awards Women's Health Category

**The Uterine Health Companion:
A Holistic Guide to
Lifelong Wellness**

2010, Celestial Arts, a Division of Random House

"The Uterine Health Companion is good medicine. I highly recommend this book."
Dr. Christiane Northrup, MD



**Ready, Aim, Excel:
The Expert Insights
Weekly Guide to
Personal and
Professional
Leadership**

(2011, Experts Insights Publishing)

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