

# Amy S. McCae

Holistic & Spiritual Wellness Expert, Transformational Speaker



## What others are saying...

*"Our work with Amy has been wonderful from the start...Amy's expertise was truly beneficial for our people and helped them become more successful professionally and personally."*

- **Jessica Cottingham, The Barnes Group**

*"Amy McCae did a wonderful job making meditation accessible. It was a great presentation that really fit into our goal of improving self-care for our clients. I recommend Amy McCae and Creative Wellness as a great source for learning about the mind-body connection!"*

- **Gina Fricke, Owner of Peace and Power Counseling**

*"Amy McCae is a great motivator and positive influence providing the foundation for creative thinking. She facilitates her groups and allows free flow of thought while keeping the group on task. I plan to continue to engage in her services and endeavors."*

## Some of Amy's popular speaking topics:

### Transformational Thinking: Introduction to Mindfulness and Meditation

In this talk, Amy shares strategies to:

- ◆ Gain clarity and confidence
- ◆ Achieve goals and success easily
- ◆ Boost vitality and immunity
- ◆ Increase attention, memory, and emotional intelligence
- ◆ Decrease stress, depression, and anxiety

Amy offers other Transformational Thinking seminars related to the power of the mind, belief and intuition, all designed for self-empowerment.

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### Excellence in Love: Five Practices for Creating Mindful Relationships

In this engaging talk, attendees will gain:

- ◆ Increased self-awareness and self-acceptance
- ◆ Live authentically
- ◆ Understanding of whom you are and what you need to better care for yourself and others
- ◆ Approaches to bring healing in relationships, live more peacefully and happily, and be more present and passionate.

Includes a tool for each practice and a free guide.

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### Foundations of Wellness

In this hard-hitting direct presentation, attendees will learn tips that can:

- ◆ Improve health
- ◆ Improve confidence in existing fitness program
- ◆ Simplify grocery shopping and meal planning
- ◆ learn relaxation techniques to lower stress levels

This program includes support in fitness design, real food nutrition, and a guided relaxation.

# Amy has Spoken at:

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Plattsmouth State Bank

Peace and Power Counseling

The Barnes Group

Family Health Services non-profit

Uniquet

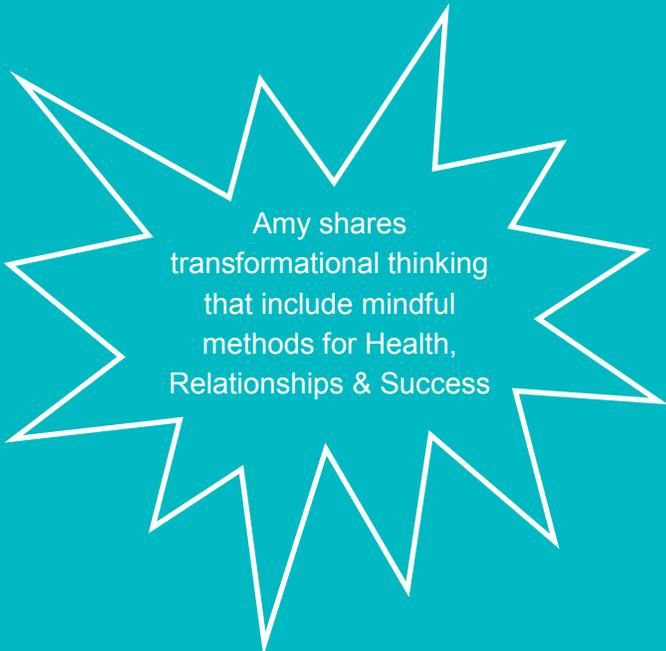
College of St. Marys

## About Amy:

Amy has received numerous certifications in mind, body, spirit wellness including Certified Life Coach, Certified Personal Trainer, Certified Mind, Body, Fitness Coach, Certified Sports Visualization Specialist. She has completed a variety of training in energy and energy healing including The Silva Life System, Silva Healing, and Silva Intuition.

Amy is committed to her education and strives for excellence. She has also been featured on the news, radio shows, and magazines making her a sought after expert in her field.

Amy partners with corporations teaching mindful methods for health, relationships, and success. The benefits of working with her include creating confident leaders, establishing authentic co-worker and team relationships, increased success rates as well as easier time achieving goals, and even improved wellness and happiness.



Amy shares transformational thinking that include mindful methods for Health, Relationships & Success

**Amy's talks are suitable for a range of audiences, including:** Corporations, Health Professionals, Doctors, Chiropractors, Therapists, Wellness Conferences, Spiritual Communities, Personal Growth and Development Seminars, Relationship Events, All age classroom events (youth through college)