



Angela Slade, MA, RCC - Registered Clinical Therapist, Emotions Educator, Women's Empowerment Coach, Spiritual Intuitive and Speaker

www.angelaslade.com
FB: @angelasladedecounselling
email: angela@angelaslade.com

Angela Slade is a highly respected professional in the field of mental health and women's empowerment. With a background as a Registered Clinical Psychotherapist, Certified Integrative Mental Health Medicine Practitioner, Emotions 101 Educator, Spiritual Intuitive and Women's Empowerment Coach, she brings over two decades of experience to her work. **Angela has a significant online following, with over 34K+ followers on Facebook which grows daily.** Angela is currently working on publishing her first book.

Working with Angela participants are able to:

- Move from auto-pilot to a trauma-informed manifestation mind-set.
- Unlock the power of the subconscious mind using neuroscience, polyvagal theory, and psychology.
- Utilize tools and techniques to process & regulate their emotions and central nervous system through introspection, visualization, spiritual resourcing and embodiment practices.
- Gain more access to self-love, self-trust and self-acceptance to raise their energy, frequency and vibration so they can manifest better health, relationships and inner-peace.

Angela's signature method represents an empowering approach that revolutionizes the way we think about self-development & manifestation. While traditional practices, as portrayed in the renowned documentary "The Secret," focus on positive thinking and visualization, Angela's method goes beyond surface-level techniques. By integrating principles from neuro-affective science, trauma-informed psychology, and ancient wisdom, her method delves deep into the root causes of emotional challenges and dysregulation. This unique blend of disciplines offers a practical and soulful approach that not only helps individuals manifest better health, relationships, and inner peace but also provides a holistic framework for personal growth and transformation.

By bridging the gap between popular manifestation practices and a trauma-informed processes, Angela's method acknowledges the impact of past experiences on our present reality. This recognition allows individuals to address underlying emotional struggles & dysregulated central nervous system states to grow from past traumas & relational wounding, creating a solid foundation for true manifestation. By understanding the intersection between the mind, body and soul, Angela's method empowers individuals to cultivate a deeper connection with themselves and the world around them. Through this integrative approach, **Angela offers a pathway to not only manifesting external desires but also cultivating better health, relationships and joy.**

Angela is Available For:

- Podcasts
- Conferences
- Schools/Universities
- Business Meetings
- Business Luncheons
- Women's Empowerment Events
- Women's Leadership Events
- Empowerment Camps or Events for Young Girls
- Speaking Engagements for Young Girls or Women
- Corporate Events
- Community Events
- Workshops or Seminars
- Wellness Retreats
- Week and Week-Long Retreats

Speaker Topics Include:

- **Women's Empowerment**
 - Body-Image & Self-Esteem
 - Self-Love & Compassion
 - Undoing People Pleasing
 - Leadership
- **Mental and Emotional Health**
 - Understanding & Processing Emotions
 - Integrative Approaches to Support Anxiety, Depression & Burnout
 - Maximizing Your Brain for Post-Traumatic Growth
- **Trauma-Informed Manifestation**
 - Bridging the gap between popular manifestation practices and a trauma-informed processes
 - Harnessing the power of Spirit & Self
 - Wise Woman Creatives & Leaders

What Women Are Saying About Angela:

Angela came through! I am so very grateful and my hope for my future is back and is happening.

Bonnie, Alberta, Canada

With her vast knowledge, resources and with compassion, Angela gently guides you on a journey of self love and awareness. Her courses are the best gift I've ever given myself and I recommend it to anyone who is ready to find their true authentic self.

Marla, Vancouver Island, British Columbia, Canada

The concept of neuroplasticity helps me feel like I'm not "forever damaged. I am more aware of my emotional defenses and patterns. With the aid of Angela's regulation tools, I have been able to improve my communication and my relationships.

Stacey, Vermont, United States

Working with Angela over the years has helped me to grow into the woman I am today. I am now in Uni and on track to be in the medical profession where I hope to bring all of my wisdom to my future patients. Can't recommend Angela enough. Life changing.

Catherine, United Kingdom

Suggested Interview Topics:

- How Rewiring Your Brain Can Rewire Your Life
- Understanding the Power of Emotions Education
- Women in Midlife - How to Claim Your 2nd Chapter
- Recognizing the Influence of Relational Trauma and People Pleasing on Women's Personal Development.
- Trauma-Informed Manifestation Practices
- How To Teach Young Girls To Live True to Themselves



"Healing isn't about changing who you are, but changing your relationship to who you are."

Suggested Interview Questions:

- What does it mean to rewire our brain and how can people practices this in their daily life?
- Why do people get stuck in patterns and behaviours that no longer serve them?
- Why is it more important than ever to understand our emotional or internal world?
- What prevents us from processing core emotions?
- How are emotional defenses formed?
- Could you provide some practical strategies for individuals to cultivate emotional and central nervous system regulation amidst their daily challenges?
- From your experience as a psychotherapist, what is the most common struggle people face in today's world?
- How & why did you develop a trauma-informed approach to manifestation?
- In your roles as an educator, women's empowerment coach, and therapist, how do you assist individuals to create better health, relationships, and joy?
- From a soulful and practical perspective, what does daily manifestation entail?
- Can you tell us about your work with young girls and what they need most in today's world?

Angela's Signature Empowerment Talks or Workshops:

- **Claim Your Brain Babe** - Rewire Your Brain Rewire Your Life!
- **Regulation Queen** - Regulate Your Emotions & Claim Your Inner Peace!
- **Soul Spa** - Re-Connect, Relax, & Rise



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