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ABOUT ASTRID MUELLER + OPPORTUNITIES

ASTRID'S CANCER HEALING STORY:

https://tinyurl.com/astridmueller-CANcerstory

MICRO BIO:

Author, CANcer THRIVER coach, retreats, brand consultant, designer, speaker. VIRTUAL + IN PERSON. Founder of Integrative Wellness Network.🇺🇸+🇨🇭+🌎

MINI BIO:

Astrid Mueller is a breast CANcer *THRIVER*, best-selling author, speaker, and wellness + business consultant on a mission to bring SPARKLE and WELLNESS to the world — for ALL. ✨

She does this as the founder of The Integrative Wellness Network, through her *Permission to Sparkle* creativity workshops for CANcer patients, and by helping visionary wellness business owners elevate their brands to a new level of impact and SPARKLE!

SHORT BIO:

Astrid Mueller is a breast CANcer THRIVER, best selling author, speaker, wellness consultant, business consultant, and has a powerful story of overcoming breast CANcer stage 4 through a comprehensive wellness approach, and the power of JOY. Today She helps CANcer patients (and all who want to THRIVE) tap into their "inner superpowers," and create more wellness and joy in their lives! She's also founder of an Integrative Health and Wellness Network, to support wellness businesses, and make full wellness support accessible to all!

See more on www.AstridMueller.com

LONG BIO:

See LinkedIn: https://www.linkedin.com/in/astridmueller/

SPEAKER + SHOW GUEST:

Astrid Mueller is an excellent speaker and show guest to inspire people to help overcome CANcer, and / or to create more **WELLNESS + JOY.**

With her own CANcer survivor (and THRIVER) story, and as author of the book "Permission to Sparkle - claim your desires and spark your dream life!", she's a shining example for how we can all tap into our inner wellness and life superpowers, overcome even seemingly impossible health and life challenges, and create more wellness, well-being and JOY!





For high definition photos and photo credit please contact Astrid@AstridMueller.com

STAGE INTRO (PLS REQUEST TAILORED ONE FOR YOUR EVENT)

🔥 What if JOY was the ultimate superpower? 🔥

Our next speaker is living proof that it is. Astrid Mueller is a breast CANcer THRIVER who defied stage 4 through a powerful wellness journey—led by JOY. Now, as a bestselling author, speaker, and wellness consultant, she helps CANcer patients—and anyone who wants to thrive—tap into their inner superpowers for more health, happiness, and amplify the LIFE FORCE OF JOY in their lives. She's also the founder of an Integrative Health and Wellness Network, making full wellness and JOY accessible to all.

Get ready to IGNITE YOUR FIRE—please welcome Astrid Mueller! ✨🔥

SPEAKING TOPIC EXAMPLES:

★ 🔥 **What if JOY was the ultimate superpower?** 🔥

FOR HEALTH + WELLNESS INSPIRATION

- ★ **Astrid's CANcer THRIVER story** breast CANcer stage 4 to full health. Inspiring through her story, how people can boost wellness and healing, practice wellness living, and THRIVE.
- ★ **How JOY helped Astrid** boost health + get well from CANcer.
- ★ **7 principles of S.P.A.R.K.L.E.** that helped Astrid get well from CANcer

- ★ How **JOY can be an ELIXIR FOR WELLNESS and LIFE.**

- ★ **Letting go of fear of recurrence** even with stage 4 cancer
- ★ **How Playfulness, Creativity, and JOY** can help boost wellness
- ★ **Why body, AND emotion + mind + spirit + soul** is needed for health

FOR BUSINESS INSPIRATION:

- ★ Boost CLIENT ATTRACTION + GROW YOUR BUSINESS through the superpower JOY

INTERVIEW QUESTION EXAMPLES:

- ★ How did I start THRIVING already during CANcer, and what do I mean?
- ★ I've said "Cancer sucks, but doesn't have to." What do I mean by that?
- ★ How I created JOY in the middle of CANcer and how it helped me heal.
- ★ Why is going to doctors often not enough to fully get well?
- ★ What was one of my key catalysts for healing?
- ★ What do I think is one of the most important things people do before choosing a doctor or provider for wellness, and why?

ABOUT ASTRID MUELLER - SHORT BIO - FOR CANCER PATIENTS:

Astrid is a breast CANcer THRIVER, best selling author, wellness consultant, and a guide for wellness and JOY.

On her journey through breast CANcer, she experienced a life-changing moment where she realized the heaviness of all the worry and stress she was experiencing at the time, and suddenly heard a strong and very clear inner voice say "if she wanted to get well, she had to create wellness feelings."

She immediately decided to choose JOY as inspiration from there forward for every step of the difficult journey.

This led her to discover profound inner strength and resilience, and she experienced almost no side-effects to treatments - even walked away with blood lab numbers of a healthy person, after her harshest chemos.

Her approach includes creativity, mindfulness, listening to your inner wisdom and releasing negative emotions and thoughts to create more and more well-being and joy. Working with Astrid will help you promote wellness inside and out, and... **unlock your inner life-force!**

PRINCIPLES OF ASTRID'S BOOK + HER UNIQUE APPROACH:

In "Permission to Sparkle," Astrid unveils a transformative approach that extends beyond healing to enhance any life area, from wealth, love, business, or overall happiness. Her unique methodology centers on identifying limiting mind stories and heavy emotions, transforming or releasing them, and reclaiming one's inner superpowers. Astrid inspires to use curiosity to listen to the body's and heart's messages, employing techniques like reframing, affirmations, art exercises, and other creative approaches.

Whether you're seeking improvement in any life area, her techniques provide a holistic foundation for more health, personal growth and fulfillment. Immerse yourself in Astrid's books or workshops to start designing the life your soul desires!

WHAT OTHERS SAY ABOUT THE BOOK:

See testimonials on Amazon: https://tinyurl.com/astridsbook-link-amazon

ASTRID'S CAN-CER PATIENT RETREATS + PROGRAMS + TESTIMONIALS:

www.astridmueller.com/retreats

HOW CAN-CER PATIENTS BENEFIT OF ASTRID'S WORKSHOPS:

- ★ **Find hope and inspiration** through Astrid's story and guidance
- ★ **Let go of stress,** and create more feelgood feelings and JOY again
- ★ **Get practical wellness prompts** to feel better and cope better
- ★ **Reduce complications and treatment side-effects** + boost wellness

- ★ **Get a sense of control and inner clarity** for best CAN do steps for health
- ★ **Practice a healthy way of thinking, feeling and living**, on a weekly basis
- ★ **Celebrate positive life + mindset changes** and more wellness, weekly
- ★ **Feel inspired + supported** in feelgood calls with other CANcer peers

INSPIRATIONAL POSTS BY ASTRID FOR CANCER PATIENTS:

https://tinyurl.com/astrid-oct2020 - embracing letting go hair
https://tinyurl.com/astrid-02-2021 - embracing CANcer as positive
https://tinyurl.com/astrid-02-2021-kodiak - retreat experience during chemo
https://tinyurl.com/astrid-03-2021 - after surgery feeling good + choosing humor
https://tinyurl.com/astrid-04-2021 - what I did after a fear moment
https://tinyurl.com/astrid-july-2021 **claiming my miracle and defying my doctor**
https://tinyurl.com/astrid-oct-2021 - glimpse from one of my workshops
https://tinyurl.com/astrid-11-2022 - inspirational post with workshop link

OPPORTUNITIES FOR WELLNESS PROVIDERS:

Consider JOYning the Integrative Wellness Network!
www.AstridMueller.com/IntegrativeWellnessNetwork
The mission of this network is to bring providers together, to create one amazing, comprehensive wellness support network for patients, along with business support and benefits for wellness providers.

Other resources + services for wellness providers:

- ★ **Wellness Entrepreneur Connection** An inspired networking community especially for wellness entrepreneurs, with opportunities to network, collaborate, get inspired, and get business support.
- ★ **Brand Consulting** optimize your marketing + elevate your brand
- ★ **Design for Brands + Marketing** professional brand design + graphics
- ★ **Marketing Services** social media campaigns, ad designs, event concepts and support, special collaborations, video and photo services, and more

OPPORTUNITY: MARKETING CHECKUP CALL

For wellness providers and other businesses too. Would you like to get a professional feedback to your brand and marketing, and see if you can do something to elevate your brand, or reach more clients?

BOOK MY MARKETING MAGIC CHECKUP - FREE CALL:



MORE OPPORTUNITIES FOR BUSINESSES:

Astrid Mueller is speaker, experienced wellness workshop leader for CANcer patients, and wellness and brand consultant. Do you want to bring more wellness to your employees or clients? Talk with Astrid about

- ★ **Fundraiser events** for business visibility and to bring more wellness to communities and good causes
- ★ **Workshops** to help your patients or employes relax + boost wellness
- ★ **Wellness articles** for your publication or internal audiences
- ★ **Client experience consulting:** to improve health services + results!
- ★ **Reducing missed patient appointments** with incentives
- ★ **Inspirational speaker** to inspire, give practical tools for wellness + joyWHY COLLABORATE WITH ASTRID - RESOURCES + BENEFITS:
- ★ **Powerful story of overcoming stage 4** breast cancer with inner calmness, resilience and by creating more and more joy inside out.
- ★ **Author of the emotional wellness + mindset book** “Permission to Sparkle” - a play book to create more inner well-being, a life of joy +health.
- ★ **Strong author of numerous posts on social media** to inspire patients
- ★ **Years of show experience + as podcast host ASTRID MUELLER TALKS**
- ★ **Professional emotional empowerment + mindset coaching** since 2016
- ★ **Brand consulting + client experience consulting** since 2005, which now benefits clinics + providers to optimize their client wellness experience
- ★ **CANcer wellness coaching experience** with dozens of workshops
- ★ **A playful spirit + creative mind,** which helps patients reconnect with their joy, hear their intuition, and find their own best ideas for wellness.

★ **Background as illustrator and designer since 2000,** which now benefits patients as intuitive creativity + art therapy exercises in workshops
★ **A passion and drive to inspire many patients** to feel better + get better!

CONTACT ASTRID / BOOK A CALL:

www.astridmueller.com/CONTACT

OR TEXT OR CALL 907.654.4367