

Allison Miller

*Health & Fitness
Coach/ Author/
Speaker*

"There are coaches & then there is Allison who is a level above the rest. She is passionate, engaging & "tuned in" to client needs. She seeks to excel beyond expectation in all interactions. Get the best, get Allison." -

**Gary Kissel -LinkedIn
Speaker ★ Specialist ★
Coach ★**

"Allison is a passionate, engaging and warm person. She has an amazing energy about her. Working with Allison leaves you feeling like she completely understands your needs, all the while customizing her work with you to produce positive results." -

**Eluise Gambino, C.E.C.
Certified Leadership Coach
& Powerful You! Women's
Network, SWFL Chapter**

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www.LiveSmartCoaching.com
where you can pick up your
FREE GIFT.



Former Chocoholic and chronic roller-coaster-rider of the STRESS train, **Allison Miller is a Health and Fitness Coach, Motivational Speaker, and Author** who helps busy, overworked, overstressed professionals find simple personalized tools and techniques to look and feel as great on the inside as they do on the outside!

She helps them eliminate aches/pains, sleeplessness, and stored tension by enhancing their focus, concentration, improving clear decision-making, enhancing energy levels and gaining a renewed enthusiasm for their careers, relationships and personal lives.

Prior to establishing her coaching business, Allison, mother of 2, spent 20 years as a Group Fitness Instructor and Personal Trainer. She offers a wide range of programs and services from "Yoga as a Stress Management Tool", her "Shape Up Your Life" Program as well as highly customized, personalized One-On-One Coaching and Training. **Allison specializes in working with professional women who want to age gracefully, live their lives illness and disease-free, and feel as good on the inside as they look on the outside!**

She brings a rich combination of depth, warmth and humor to her insightful down to earth approach combined with her extensive educational background. She is a graduate of the (IPEC) Institute for Professional Excellence in Coaching which is accredited through the International Coach Federation and among the top training organizations internationally. She also carries various other certifications such as Yoga for Golfers and has a degree in Health Sciences.

Her book, "**Dare To Be Authentic - Finding Your Authentic Self**" is an inspirational collaborative effort of powerful stories of how individuals overcame challenging obstacles and it guides others to realize the infinite possibilities they can achieve.

Speaking/ Workshops/Talks

- **The ART of Skillful Living: 10 Ways to Shape Up Your Life-** 360 DEGREE Navigation of your life to learn how to recognize and transform energy-draining behaviors, learn how to release stored tension in the mind & body, so you can be **EXCITED** about the life you have and have the mental and physical energy to approach your day with Joy and Enthusiasm.
- **How She Got Her Groove Back: Youthful Aging is an Inside Job** - Learn the **KEYS** to slow down Aging, **INCREASE** Energy and Vitality, and feel as great on the inside as you look on the outside.
- **Dancing Through Life: Breaking Through Without Breaking Down** Powerful talk that affects the emotional well-being of the listener which provides simple yet effective ways to determine if you are still living a life you designed years ago, overcome life's challenges and adversities, allowing you to truly **RECLAIM** the joy in your everyday life.