Angela Cooper

DEI Thought Leader
Culture Strategist
Keynote Speaker

A former Chief Diversity Officer in Corporate America, Angela Cooper has over two decades of business experience leading change and evolving cultures in healthy ways. As the founder of Mindpower Strategic, she now serves as a thought partner and change architect for forward-thinking business leaders who are invested in people-centered strategies.

Angela offers a variety of culture-shaping solutions. Her signature keynotes and empowerment labs equip audiences to channel their energy, activate their values, and unleash their potential.

What Clients Say

I use the tools I learned DAILY. I have witnessed myself protect my energy in moments that previously sent me into a burnout tailspin--it is so evident, that those closest to me have noticed. The Power of Renewal has truly changed my life at work and home. Thank you Angela!
-DIRECTOR, FINANCIAL SERVICES COMPANY

The Power of Renewal

Replenish, protect and preserve your energy for what matters most.

The past few years have taken a toll, and a growing body of research confirms what we already know deep down: that if we don't manage our chronic stress, it can damage our health, disrupt our lives, and even threaten our longevity.

The good news is that there are insights, tools, and learned behaviors we can use to unwind the unhealthy habits that are burning us out. Even in the midst of societal inequities, big life changes and heavy workloads, it is possible to cultivate the energy for purpose-centered and joy-filled lives.

In this insightful and empowering keynote, participants will learn:

- Important truths about the insidious nature of burnout, and the risk factors that can't be ignored
- Why a simple mindset shift can lead to an abundance of energy
- How rejecting perfectionism can have a radical impact
- Daily habits, practices and techniques that can be used right away to renew energy and boost resilience

mindpower
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Book Angela

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or visit www.mindpowerstrategic.com/book