

Angela Cooper

Culture Strategist

An award-winning change agent and inspiring thought leader, Angela Cooper has been helping business leaders shape stronger workplace cultures for more than two decades. Her focus on organizational health empowers business leaders to get strategic about building healthier workplaces where everyone can operate at their best.

Angela's signature keynotes and empowerment labs energize audiences to channel their energy, activate their values, and unleash their full 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

Protect and sustain your energy for what matters most.

The intensity of the past few years has taken a toll, and a growing body of research confirms what we already know deep down: burnout is at an all-time high in America. Despite common beliefs, burnout is not a failure of grit, and the solution is not to "try harder." We don't need more endurance. We need more energy.

A way forward is possible, but renewal does not come from rest alone. It requires the intentional protection and replenishment of energy, across five dimensions (the 5 B's).

1. **Balance:** Recalibrating the nervous system with calming habits that build steadiness over time.
2. **Batteries:** Recharging energy with self-care systems that create joy, connection, and replenishment.
3. **Boundaries:** Protecting capacity with realism checks and rituals that prevent unnecessary energy drain.
4. **Beliefs:** Reframing mindsets that glorify depletion, adopting more sustainable thought patterns.
5. **Brilliance:** Reconnecting to meaning, aligning with purpose, and finding flow.

Together, these renewal strategies allow people and teams to operate at their best without burning themselves out to do it. Join us for this personal, professional, and practical session. You'll leave with real tools to protect and sustain your energy for what matters most.



Book Angela

Please contact angela@mindpowerstrategic.com
or visit www.mindpowerstrategic.com/book

