



ALICIA CALDWELL



MENTAL EMPOWERMENT SPEAKER



LICENSED PROFESSIONAL COUNSELOR

MEET ALICIA CALDWELL

Alicia Caldwell is a mental fitness coach and sought after mental empowerment speaker. She aspires to educate, equip, and empower mission-driven professionals with the tools to increase their impact in life, career, and relationships by becoming better stewards of their mental health. Alicia's emphasis on psychological well-being is derived from operating as a licensed professional counselor for over 18 years and her journey of overcoming the mental and emotional challenges of childhood trauma. Instead of falling victim to her circumstances, she transformed her pain into purpose, using her love for learning and helping others.

For over a decade, Alicia has been privileged to use her dynamic approach to speaking about mental health to help thousands of civilian and military professionals proactively manage stress, boost self-care, and build their mental endurance, resulting in better work performance, higher morale, and improved relationships. Alicia's personal story of mental healing inspires others to get out of their comfort zone and become more intentional about prioritizing their mental well-being.

Through engaging storytelling and researched based strategies, Alicia delivers heartfelt messages that yield tangible results, helping small groups and large audiences go from feeling burned out to fired up about improving the condition of their lives. Her purposeful delivery and encouraging demeanor create a transformative experience that lasts well after her presentation ends.



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Empowering people to lead and succeed in life, career, and relationships by becoming better stewards of their mental health.

Speaking Programs

- H.E.A.L. (Signature Keynote Address)
- Self-Care Is Life Care
- Stress Resilience and Burnout
- Grow with the FLOW
- Overcoming Adversity

First-Generation Students

- Self-Care 101
- Leverage the Power of Being the First
- The Three C's of Success: Courage, Consistency, Commitment

Services

- Keynote Presentations
- Virtual Presentations
- Professional Development Workshops
- Staff Training
- Panel Discussions
- Breakout Sessions
- Mental Health Consulting

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