



Press Kit – Nancy Mueller

Short Bio

1998 marked the year Nancy Mueller started her work, empowering women. Her business began when she started W.A.V.E. (Women Against Violent Encounters) teaching Self-Defense classes to women. As Nancy watched the women incorporate the empowerment aspect of each class into their lives, relationships and the workplace, her work organically transitioned to the coach, bestselling author and speaker she is today.

Aside from her private coaching practice, women's organizations hire Nancy to speak to their groups and lead workshops to teach women the following message:

Our beliefs create our thoughts

Our thoughts create our emotions and feelings

Our emotions and feelings emit the energy with which we create our reality

Nancy believes that once a woman understands this process, she can apply this knowledge to let go of the negative mind chatter that can sabotage a woman's self-esteem, self-image, self-worth, self-confidence and self-love.

When women are ready to let go of their negative mind chatter, Nancy works with them to show them how to remove fear-based beliefs so all their relationships can prosper.

Empowerment Sensei



Connect with Nancy:

Thank you for connecting! <http://www.masteringyourbeliefs.com/>

Facebook: <https://www.facebook.com/NancyBeginnings>

Google+ <https://www.google.com/+NancyMuellerSensei>

BOOK: Healing The Child Within, Life Is All About Choices: <http://www.amazon.com/dp/151439555X>

LinkedIn: <https://www.linkedin.com/in/nancymuellerglobal>

Instagram: <https://www.instagram.com/nancybeginnings/>

BOOK: DIVORCE Because Letting Go Does Not Mean Giving Up: <https://www.amazon.com/dp/1521853363>

Twitter: <https://twitter.com/NancyBeginnings>

YouTube: <https://www.youtube.com/channel/UCm8b4PfY9ryzVHvUkKjQyyQ>

Empowerment Sensei



Long Bio

I am not what happened to me, I am what I choose to become.
~ Carl Jung

I used to ask myself, "what probable reason could there be for living the life I've lived?"

Experiencing a childhood full of fear and self-loathing due to the emotional, verbal and physical abuse that escalated to sexual abuse by the age of 12, I wanted to learn to fight, so I could defend myself against the human predators that seemed to always be lurking just around the corner.

Marriage at the age of 17 took my life's journey on a path to being a wife, homeowner, mother, career seeker, student, competitor and teacher of the Martial Arts, divorced (twice), and now an understanding that I am a Spiritual Being having a human experience as a woman in this lifetime!

Along this journey I experienced challenges and events that made me laugh, cry, beg and want to give up; but every thought of giving up was replaced with an inner strength that always served me when I needed it most! This inner strength is something I refer to as my "Inner Warrior".

As I hesitantly accepted the responsibility to create and share my Mastering Your Beliefs program, I often asked myself, "who am I to share this knowledge? Surely there are others out there who are more knowledgeable, capable and worthy of empowering women."

The farther I walked along the path of my life's journey, the more I understood that, not only have I have been chosen for this opportunity, but with my work comes great responsibility; to myself and the women who choose to work with me!

There was a time I believed I wasn't worthy to do this work. Learning to Master My Beliefs created an internal shift in my thinking and this shift continues to guide the choices I make on a daily basis.



When we Master Our Beliefs, we open the door to the possibilities of building a great future, but life isn't always as simple as we expect.

Growing up with questions about what had been done **TO** me created a strong belief that there were many things I would never be able to do, be or have in my life. This left me with very little motivation to attempt anything in my life that could be a cause for greatness!

As I hesitantly accepted the journey on my path to greatness I realized that I can take something fragmented and make it whole again by learning that every struggle and heartbreak is an opportunity for growth and acceptance of "self".

While trying to understand the basis of my own beliefs, I came to accept that I am a change-maker! I am a visionary who has an inexplicable ability of transforming things that are undesirable into things that are exceptional ~ I know this because **I** was my first transformation! Learning to master my own beliefs is a daily reminder to me that we are so much more than we think we are.

As a student, competitor and teacher of the Martial Arts, my sole purpose for studying was to right the wrongs that I believed had been done **TO** me in my childhood. The more I studied, I began to embrace the philosophies behind the Martial Arts and I soon realized that even though I was learning to fight, my mind was my most powerful weapon.

From there, I started my own business called W.A.V.E. (Women Against Violent Encounters) and through the years, my business organically transitioned to the coaching and mentoring I offer today.

I soon learned that I have the gift of alignment and can teach this to others – whether it's thoughts, strategy or emotions, which is priceless for those who are feeling out of sync! From my own personal journey, I created the Mastering Your Beliefs program that is the basis of my coaching, speaking, Choices 4 Women segments and books to empower women and help them transform their intentions into reality.

My goal is simple....to encourage women be more empowered every day!

Nancy Mueller ~ Empowerment Sensei for Women
www.MasteringYourBeliefs.com PH: 714.318.9049



My clients often tell me our relationship goes far beyond our coaching sessions and that's because I am here for every one of them, for as long as it takes.

After all, Life Is All About Choices!

With over 20 years of experience working with amazing clients with similar worries and concerns and guiding them to achieve remarkable success, my mission and commitment is to help women find their own inner strength, so they can release their fear-based beliefs and strengthen every relationship in their life.

My path to become a coach, mentor and speaker became clear at an early age. When I was 14 years old, a woman spoke at my high school and her message was so compelling that, in that moment, I knew I also wanted to share a compelling message with the power to change the lives of the people I would have the opportunity to meet.

After all, Life Is All About Choices!

Empowerment Sensei



Speaker Bio:

People hire me to speak to audiences who are interested in determining which of their beliefs may be holding them back and which beliefs will propel them forward in their life or business. Too often, we live our life in fear and until we can determine the basis for our fears, they can be a cause for struggle in our relationships, careers, health, finances and even who we see when we look in the mirror.

Too often people struggle in their life or business because they have created specific beliefs around how things "should" be done. These beliefs can cause fear, struggle, guilt and can hold us back. Mastering Your beliefs can alleviate these struggles, giving us more success with less struggle!

Interview Questions for Nancy Mueller

1. **What does it mean: Mastering Your Beliefs?** The internal dialogue we have with ourselves can create or inhibit our success. Because our internal dialogue is based on what we believe, learning to Master Your Beliefs can be the key to your success
2. **What prompted you to start studying Martial Arts?** I wanted to learn how to fight because I believed my struggles stemmed from the abuse I experienced as a child and I wanted to protect myself from that abuse
3. **How long have you been a Mastering Your Beliefs Sensei?** My business started in 1994 as I was teaching self-defense classes to women. The name of my business was W.A.V.E. Women Against Violent Encounters
4. **What was your biggest roadblock on your journey to becoming a Mastering Your Beliefs Sensei?** My belief in myself – it took me a long time to believe in my own message, even though I could see how powerful it was for others



5. **How has your life or business changed because you are now a published author?** Having published 3 of my own books and co-authored a 4th book certainly gives me additional tools in my toolbox, but for me, all of my books were like giving birth to who I am meant to be in this lifetime. Every single truth that a person reveals about him/herself will change their life.

6. **I understand you are the host of the Choices 4 Women podcast. Where did the idea for this podcast come from?** The premise of [Choices 4 Women](#) was the original thought I had planned as the topic for my 2nd book. Our featured guests share their own journeys to success, the obstacles they overcame and how they have gone on to empower others based on their journey.

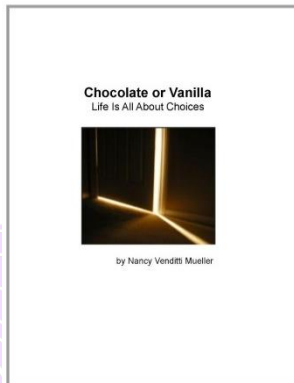
7. **How long does it take for a person to master their beliefs?** This depends on the belief, where your belief is rooted in your subconscious and your level of commitment

8. **How can our listeners learn more about you and your work?** I would love for you to visit my website at www.masteringyourbeliefs.com

Empowerment Sensei

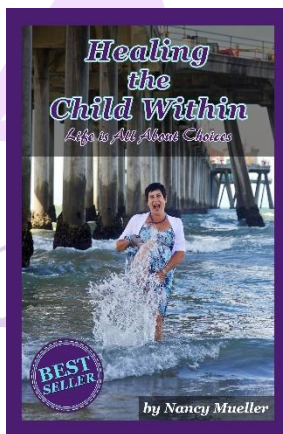


Books Written by Nancy Mueller



Chocolate or Vanilla, Life Is All About Choices by Nancy Venditti Mueller

The decision to write this book came at a major crossroads in my life. My husband of 34 years told me he wanted a divorce and during this time I lost everything, and then found myself!

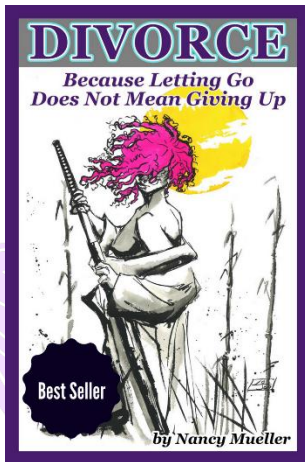


Healing The Child Within, Life Is All About Choices by Nancy Mueller

I wrote this book to help heal the relationship gaps that exist for so many parents and children. This book shares the life story of mother and daughter, first from the perspective of the daughter and then the mother's as they both work to stop allowing the past to define their relationship in the present.

This book shares tools and techniques for anyone who is looking for an opportunity to heal their relationship.

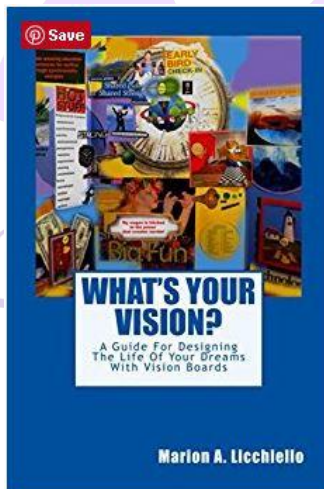
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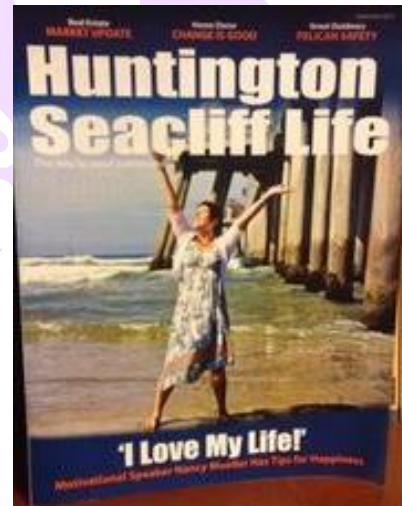
Any of the 3 Stages of Divorce can drive a woman to the depths of her worst fears; with emotions that range from feeling vindicated one day to feeling like a victim the next.

DIVORCE Because Letting Go Does Not Mean Giving Up, empowers women through the divorce experience

<https://www.amazon.com/dp/1521853363>



Co-Author of What's Your Vision and featured on the cover of the Huntington Seacliff Life magazine!



Media appearances & Press: [CLICK HERE](#) for articles, interviews and TV appearances that include Hypnosis Education TV, a commercial with Diane Amos promoting women who rose above their past experiences!



Speaking Topics

- Unleashing Your Inner Warrior
- Creating Healthy Relationships
- Mastering Your Beliefs
- Eliminating Resistance
- F.E.A.R. (False Evidence Appearing Real)
- The Seductive Life of Victim Mode

To download the Speaker Sheet for these topics, use this link to go directly to my Speaker Page or [CLICK HERE](#)

Groups & Workshops

Any of my speaking topics can be designed to work within groups, workshops or in a retreat setting. For workshops and retreats, I suggest a minimum four-hour time frame.

There are 2 reasons that keep a woman talking about an experience she's had for months or even years later...

Either she's had a negative experience, or she walked away with a positive experience that she's still using because she has incorporated it into her everyday life. My goal is to have women walking away from my workshops, retreats and coaching sessions with a positive experience that she incorporates into her everyday life.

When a woman makes the decision to join a group or attend an event, she is often looking for an opportunity to have time with her peers and a brief respite from her day to day responsibilities to experience being part of something much bigger than just herself.

The goal is to give women an experience they can take with them, when they return to their day to day responsibilities, and merge the high vibrational energy she experienced within the group into her daily life.

When women are given tools that they can apply to any situation in their life, they create higher levels of self-esteem, self-image, self-confidence, self-worth and self-love! In turn, these high levels of "SELF" empower women to improve their health, value their "self" and increase their wealth!



When women are in disempowering situations, they often ask, “what’s wrong with me, how can I change?” Asking disempowering questions will cause us to receive disempowering answers which cause the cycle of disempowerment to continue.

Learning that we have the power to live our life through choice instead of a reaction to events, people or situations teaches us how to stay out of victim mode. This understanding is the best gift a woman will ever receive because with it, she becomes unstoppable!

Fun Facts:

- Mother of 2 daughters and grandmother of 4; ages 2 to 18 years old
- Born in Long Beach, California – loves the beach and feels right at home living in Southern California
- International Karate Champion
- Loves yoga, meditating, gardening, cooking and action movies
- After being introduced to Jack Canfield’s work on self-esteem, it was the catalyst that that prompted Nancy to become a student of the Martial Arts
- An avid reader who consumes an average of 2 - 5 books per week
- Loves sharing the phrase: “Party Like Purple” that came from her 4-year-old grandson who is now 18 years old. One night the family was preparing to have family night with pizza and a movie. As Nancy was in the kitchen making pizza dough, her 4-year-old grandson walked into the kitchen and said, “Grammy, tonight we are going to Party Like Purple” and Nancy realized that he was feeling loved, secure and part of something much bigger than himself and the only way he could think to describe it was “Party Like Purple” – the phrase has been with Nancy all these years and she uses it in her business and personal life to encourage women globally to “Love Their Life!”