



Nancy Mueller ~ Teacher, Motivational Speaker, Best Selling Author, Video Host, Life Sensei, and Believer In Miracles

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. (**W**omen **A**gainst **V**iolent **E**ncounters) teaching Self-Defense classes to women. Her work with women gradually transitioned to the work she does today to increase and enhance the lives of women around the world!

Her clients usually refer to her as their "Sensei" ~ a title from her days as a student, competitor and teacher in the Martial Arts! Now... Nancy is sharing the mindset work of Martial Arts while teaching women how to recognize and eliminate the "Impostor Syndrome!"

Nancy will tell you that she has come to understand her Life's Purpose as: Having daily, meaningful conversations that inspire, motivate and empower herself and others while increasing and enhancing the lives of women around the world!

Nancy lives her purpose coaching, mentoring, as a bestselling author, workshop leader and motivational speaker.

When people are ready to let go of their negative mind chatter, Nancy teaches them how they can Master Their Beliefs to recognize and eliminate The Impostor Syndrome as they level up in all areas of their life!

Mastering Your Beliefs... Using Mindset & Metaphysics To Reach Your True Potential

SENSEI: (sen - say) teacher; Sen means "before" and Sei means "born." The literal meaning of the Japanese word is "one who is born before"; thus, the one who is born before you is your teacher. This refers less to chronological age (some of my teachers have been young enough to be my children) than to the teacher's wisdom: In spiritual terms he or she is my elder, and thus my teacher.



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Connect with Nancy:



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Teaching women to recognize and eliminate “The Impostor Syndrome” [LEARN MORE HERE](#)

Life Coach & Sensei ~ Motivational Speaker ~ Best Selling Author ~ Video Host ~ Trainer

[Facebook](#): ~ [LinkedIn](#) ~ [Instagram](#) ~ [Twitter](#) ~ [YouTube](#)

BOOK: Healing The Child Within, Life Is All About Choices

BOOK: DIVORCE Because Letting Go Does Not Mean Giving Up

[CLICK HERE](#) to watch a short video on why I believe the Mindset portion of our work is so important to our physical, mental, emotional, financial and spiritual growth!



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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), with the understanding that I am a Spiritual Being having a human experience as a woman in this lifetime, I Love My Life!

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 opportunity, I used to asked myself, “who am I to share this knowledge? Surely there are others out there who are more knowledgeable, capable and worthy of empowering people.”

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 people 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.



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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 battled my own Impostor Syndrome, I hesitantly accepted the journey on my path to greatness when 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 opportunity that is the basis of my coaching, workshops, speaking, daily conversations and books to empower people and help them transform their intentions into reality.

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

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!



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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 began as a way to help women find their own inner strength, so they can release their negative, fear-based beliefs and strengthen mental, physical, financial, spiritual, metaphysical, and emotional awareness.

20+ years as an Executive Administrative assistant for presidents, CEO's, and owners of companies, gave me the opportunity to witness first hand, how a life of mergers, acquisitions, downsizing, budget cuts, decision making and managing people can take a toll on our mindset.

One of the biggest saboteurs in life is our own self-talk.

Struggle is a wake-up call. It's a sign that you're not aligned with your true purpose and that it's time to change your situation and shift your mindset.

Once I began using sharing my work, I was also able to utilize my years in the corporate world as it had given me an edge when it comes to understanding the absolute need for discretion and the self-doubts that can surround a person who is in a position of making decisions; whether favorable or unfavorable.

Whether you are running a company, running a home-based business, running a home or simply trying to run your own life, people are counting on you to be the best "YOU" that you can be.

People are counting on you to make the right decision, but you have an image to protect and doubts are creeping in. This can be a sign that you're looking for internal guidance from an external source. This is when it's important for you to work with someone you trust to maintain absolute discretion.

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Speaker Bio:

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. I have had many experiences, challenges, heartbreaks, setbacks and taken many huge leaps of faith from that 14-year old girl to the woman I am today.

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?** Most programs dwell on the very mindset you are working to alleviate. Keeping in mind that "what we think about is what we bring about" it is important to look at the "perceived problem" from a different mindset (belief) than the one that created the problem. When you Master Your Beliefs, you are discovering the beliefs behind your current mindset (perceived problem), the feelings and emotions attached to that belief(s) and how to transmute your current belief(s) that will lift your vibrational energy, giving you the power to make choices from a mindset of "what is possible" rather than of a mindset of your past experiences.
- 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



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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, co-authored a 4th book and am currently working on a 4th, 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 hosted a podcast called Choices 4 Women. 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



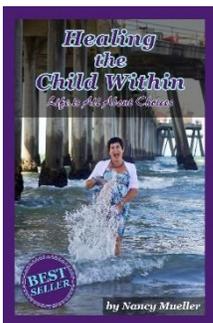
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Books Written by Nancy Mueller

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! Order [HERE](#)



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. Order [HERE](#)

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 Order [HERE](#)



As an adult, childhood memories often invoke something you're trying to live up to or wish had never happened. Either way, since we can't go back and undo the past, this book may be just what you're looking for if you'd like to experience your childhood memories in a more empowered way.

Read the excerpt [HERE](#)

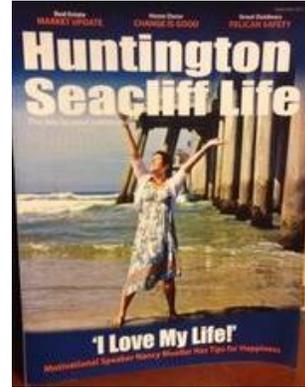


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Co-Author of What's Your Vision and featured on the cover of the Huntington Seacliff Life magazine!

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
- Recognizing and Eliminating “The Impostor Syndrome”
- F.E.A.R. (Feeling **E**xcited **A**nd **R**eady)
- Go Beyond Your Story

To download the Speaker Sheet for these topics,

[CLICK HERE](#) to visit my Speaker Page

Nancy is available for:

- 🕒 Keynote Engagements
- 🕒 Banquet Speaker
- 🕒 Master of Ceremonies
- 🕒 Corporate Meetings
- 🕒 Workshop Training
- 🕒 Business Seminar
- 🕒 Breakout Sessions
- 🕒 Awards Ceremony
- 🕒 Panel Expert



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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 person talking about an experience he or she has had for months or even years later...

Either they've had a negative experience, or they've walked away with a positive experience that they're still using because they were able to incorporate the message into their everyday life. My goal is to have people walking away from my workshops, retreats and coaching sessions with a positive experience that they can incorporate into their everyday life.

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

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

When people 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 people to improve their health, value their "self" and increase their wealth!

When people 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 (awareness) to events, people or situations teaches us how to stay out of victim mode. This understanding is the best gift a person will ever receive because with it, they become unstoppable!



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Fun Facts:

- Mother of 2 daughters and grandmother of 4; ages 5 to 21 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 21 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 people globally to “Love Their Life!”