



Press Kit ~ Nancy Mueller

Short Bio

As the founder of Mastering Your Beliefs, Nancy’s clients usually refer to her as their “Sensei” a title from her days as a student, competitor and teacher in the Martial Arts.

Martial Arts taught Nancy that her strongest weapon is not her physical strength, it’s her inner strength; the power of her mind!

Nancy has known she was meant to teach and speak in front of people since she was 14 years old however, her 14-year old self did not believe it was possible because she was living a life of secrets that included mental abuse, verbal abuse, and physical abuse that escalated to sexual abuse by the age of 12.

In a world where the demands of daily life often drown out the whispers of our deepest selves, the need for inner child healing has never been more pronounced. Nancy is a passionate advocate and speaker on the transformative power of nurturing our wounded inner child. Nancy has emerged as a trusted guide, empowering individuals to embark on a journey of self-discovery, healing, and growth

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: Nancy Mueller / 714.318.9049

Teaching women to go beyond their story, heal their inner child and create mental, physical, financial and spiritual prosperity

[LEARN MORE HERE](#)

Life Sensei | Motivational Speaker | Best Selling Author | Video Host | Trainer

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

You can access the books written by Nancy Mueller [HERE](#)

- Chocolate or Vanilla, Life Is All About Choices (2010)
- What's Your Vision; A Guide for Designing The Life of Your Dreams With Vision Boards (2014) Co-Author
- Healing the Child Within, Life Is All About Choices (2015)
- DIVORCE Because Letting Go Does Not Mean Giving Up (2017)
- Business With a Woman's Touch, the How-To Guide to a Successful Business (2023) Co-Author
- Dojo Lifestyle for Female Entrepreneurs eBook (2023)
- Connecting To The Happiness Within You eBook (2023)
- The Ultimate Guide To Living A Prosperous Life eBook (2023)
- Business With a Woman's Touch, the How-To Guide to a Successful Business (2023) Co-Author
- Secrets In The Attic, Letting Go of Painful Childhood Emotions (expected Fall 2023)

Nancy Mueller ~ Knowledge Seeker, Motivational Speaker, Best Selling Author, Video Host, Life Sensei, and Believer In Miracles PH: 714.318.9049 W: www.masteringyourbeliefs.com



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A Little More Information

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

I used to ask myself, “what probable reason could there be for living the life I’ve lived?”

Far too many people give up on themselves because their beliefs about who they are and what they’re capable of, originate from the negative, fear-based beliefs they learned during childhood. I promised myself not to be part of that statistic, I want to make an impact.

Growing up with questions about what I believed had been done “TO” me created a strong belief that there were limits to the things I could accomplish in my life.

As a compassionate and resilient woman who has triumphed over a traumatic childhood, I have embarked on a remarkable journey of healing and self-discovery. Through my own personal experiences and dedicated inner work, I have successfully healed my wounded inner child, embracing her with love, understanding, and nurturing care.

Now, I am committed to sharing my profound transformation and empowering others to embark on their own healing journeys. As a teacher and guide, I draw upon my own healing process, combined with my extensive knowledge and understanding of trauma, spirituality, and personal growth.

In my role, I create a safe and supportive environment where individuals can explore the depths of their own inner wounds and unearth the hidden treasures within. I offer a compassionate and non-judgmental space where individuals can heal their past, reframe their present, and create a future filled with self-love, inner peace, and fulfillment.



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Through various therapeutic techniques, such as inner child work, mindfulness practices, somatic healing, and emotional integration, I help individuals reconnect with their inner child and embrace the wounded parts of themselves with love, compassion, and acceptance. I guide them in releasing limiting beliefs, healing emotional scars, and developing empowering strategies to navigate life's challenges with grace and resilience.

My approach is holistic, recognizing that healing is a multifaceted process that encompasses mind, body, and spirit. I empower individuals to reclaim their voices, rebuild their self-esteem, and cultivate a profound sense of self-worth. Together, we explore the roots of their childhood wounds, address unresolved emotions, and foster healthy coping mechanisms, ultimately creating a strong foundation for their personal growth and transformation.

My mission is to create a ripple effect of healing and empowerment, inspiring others to heal their inner child and break free from the chains of their past. Through workshops, coaching sessions, and online resources, I provide practical tools and profound insights that guide individuals towards a life of emotional freedom, authenticity, and joyful self-expression.

I am deeply passionate about helping others discover their inner resilience, unlocking their true potential, and creating a future defined by love, joy, and fulfillment. Together, we embark on a transformative journey of healing, growth, and self-discovery, ensuring that no one's inner child remains unheard or unhealed.

Learning to master my own beliefs is a daily reminder to me that we are so much more than we think we are.

When I became 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.



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In 1998, I started my own business called **W.A.V.E.** (**W**omen **A**gainst **V**iolent **E**ncounters). As I started to witness the mindset portion of what I was teaching continue to empower my clients, my business organically transitioned from teaching self-defense 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 which 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 work with people who are ready to infuse positive thoughts about their life experiences and feel 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!

With over 25 years of experience working with amazing clients who have similar worries and concerns, and guiding them to achieve remarkable success, I still get as much out of our work together as my clients as I witness them release their negative, fear-based beliefs as they gain gain mental, physical, financial, spiritual, metaphysical, and emotional prosperity.



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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. I teach people to “Go Beyond Their Story” (those stories we tell ourselves about why we can’t win, why we won’t succeed,

why we’re not good enough, why we’re not educated enough, why we don’t have the right training or enough letters after our name).



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!



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[CLICK HERE](#) for my One Sheet

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
- 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



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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

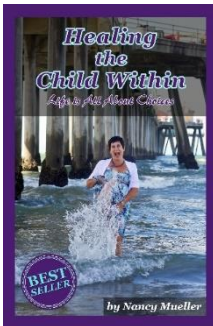


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Books Written by Nancy Mueller

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.

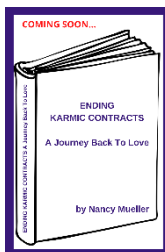
This book shares tools and techniques for anyone who is looking for an opportunity to heal their relationship. Order [HERE](#)



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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 Order [HERE](#)

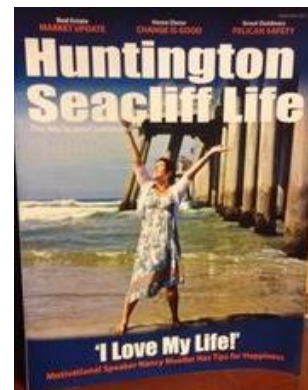


As an adult, childhood memories often invoke something you're trying to live up to or wish had never happened. Either way, since we can't go back and undo the past, this book may be just what you're looking for if you'd like to experience your childhood memories in a more empowered way.

Read the excerpt [HERE](#)

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!





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Speaking Topics

- Unleashing Your Inner Warrior
- Creating Healthy Relationships
- Mastering Your Beliefs
- Recognizing and Eliminating “The Impostor Syndrome”
- F.E.A.R. (**F**eeling **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

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.

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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, grandmother of 4; ages 6 to 21 years old and a great grandmother
- 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 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!"