



Brodie Welch, L.Ac.
Supporting the phases of your evolution.



*“Brodie brings an **incredible depth of knowledge** and a **passion for helping women reclaim their health and step into their power**. Both her message and the **powerful energy** with which she delivers it are **inspiring**.
You want her on your stage.”*

—Robyn Openshaw, MSW, Founder/CEO of GreenSmoothieGirl.com

“All of Brodie’s workshops have been game-changers for me. They’ve sparked self-awareness and offered practical, doable changes in my life. Her enthusiasm is infectious!”

—Laila Ayyoub, LCSW

Brodie Welch

is a transformational coach, Licensed Acupuncturist, speaker, and holistic health educator at the confluence of the health, wellness, personal evolution, and leadership worlds.

“Brodie was fabulous. She was warm, engaging, articulate, and able to translate her lived perspective of Chinese Medicine to my tribe at Yogahealer. I’d recommend her as a speaker.”

—Cate Stillman
Founder/CEO Yogahealer.com

She’s the founder of Life in Balance Acupuncture in Corvallis, Oregon, where she has been treating patients and teaching on the body-mind-spirit connection, women’s health, stress management, and diet/lifestyle as medicine since 2003.

A lifelong student of consciousness, Brodie has been practicing meditation, yoga, and qi gong for over twenty years and holds teaching certifications in each of these disciplines. A paradigm-blender by nature, Brodie synthesizes biohacking techniques from Chinese Medicine, Ayurveda, and yoga with the latest research in neuroscience, functional medicine, and habit change.

Her transformational program [*Level Up Your Life*](#) turns ancient metaphysical teachings into practical self-care strategies to help self-aware, high-achieving women break out of the cycle of stress, overwhelm, and self-sabotage so they can enjoy their lives, actualize their potential, and create unshakable confidence.

Brodie is the creator and host of [*A Healthy Curiosity*](#): the podcast that explores what it takes to be well in a busy world, which has been downloaded in over 80 countries. A seasoned presenter, Brodie has shared her wisdom on well over 100 different podcasts, summits, conferences in addition to leading workshops and retreats internationally.

To arrange for Brodie to speak at your event, contact:

+1 (541) 757-4868 • hello@brodiewelch.com • brodiewelch.com

*“Brodie shines with **exuberance and passion** for her work and for life, while also being humble and with a **great sense of humor**. The most valuable part for me: cultivating self-acceptance **and self-care through creating routines that honor my true essence or desires.**”* — Liz Bounds

Brodie will help your audience *Break Up with Stress For Good*

High-achieving women know that in order to unleash their full potential, they need to source energy in a sustainable way. Yet too many feel trapped in a cycle of stress, anxiety, and overwhelm that’s robbing them of their energy, health, and joy, while undermining their confidence.

Despite plenty of research to the contrary, the outdated notion that we must hold our noses to the proverbial grindstone to maximize productivity still pervades our society. Combined with cultural expectations and pay inequality, it’s easy to see why too often women find themselves overworking, overtired and stretched too thin from trying to “do it all,” while blaming themselves for not doing enough.

“Brodie is one of the most compelling presenters I’ve ever seen in decades of going to conferences.”

—Jana Svoboda, LCSW

Meanwhile, in the guise of “women’s empowerment,” too many coaches are telling women all we need to do is take a bubble bath and get a pedicure and all the stress in our lives will go away. (*Ugh.*)

In this talk, Brodie helps dispel the limiting beliefs that perpetuate a cycle of stress, exhaustion, and numbing out that’s preventing women from doing their best work and undermining their health and happiness.

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By introducing a few key principles from Chinese Medicine metaphysics like yin/yang, the law of change, and the five elemental archetypes, Brodie invites audiences to look at themselves and their lives through a new lens. And when they do, the world may never look the same.

*“Immense gratitude
for all you have
taught, and for
your enthusiasm,
intelligence,
and wisdom.
Thank you, Brodie.”*

—Phyllis Lefohn
Master Healing Qigong Teacher

Your audience will learn:

- Why trying to do more and move faster is counter-productive
- The seven core habits self-respecting women need for more energy, focus, confidence, and efficiency
- How to break up with stress for good
- Why self-care is not selfish, but essential to productivity
- Why they don't need more willpower, discipline, or a harsh inner critic to create the changes they want – and what they need instead
- Practical self-care strategies they can use right away

Every time we override our body's wisdom, we're telling ourselves we don't matter.

*“Brodie's vast knowledge, practice, passion and enthusiasm for Chinese Medicine – plus all of the mind-body-spirit practices she presented was **so fascinating, insight-producing, life-enhancing and kind of mind-blowing! Simply: this woman rocks!**”* —Celia Cavalli

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*“Brodie is **gifted at making ancient wisdom relatable**, with **authentic enthusiasm** and expansive knowledge. I love her **sense of humor**, and am filled with a tremendous gratitude for the generosity of her teaching.”*

—Lynne Schauble

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