

Visionary leader in well-being merging mindfulness, self-awareness, empathetic leadership, and holistic wellness to support executives and organizations not only in successful outcomes but in living healthier and happier lives. I am exceptional at reading a room, engaging team members, and getting to the root of the problem. Business leaders love my ability to provide simple, science based, effective tools and strategies that lead to less stress and more success. Creative Wellness offers Executive and Leadership Coaching, Workplace Wellness Training, Holistic Wellness Sessions, and Motivational Speaking focusing on all aspects of wellbeing, empathetic leadership, and developing self—awareness to improve resiliency, engagement, and effective communication within teams. At the heart of all my work is a passion to ensure people live with purpose, align with their values, and that they thrive personally and professionally.
Creative Wellness for Visionary Leaders.

CREATIVE WELLNESS, LLC www.amymccae.com
CEO/FOUNDER

Dec.2015 – Current

“There are a couple things I want to share with you: Presence: Your energy was transmitted. I felt your presence coming through. Engaging: Several of your points were taught in an unforgettable way.” Knowledgeable: You know what you are talking about and obviously take your own advice. Persuasive: A result of you being knowledgeable.” Patricia- Program Analyst (Safety)

Founded company after spending nearly a decade ill with chronic illness and finally finding healing through fitness, nutrition, and meditation. I rediscovered my life long passion for healing and began sharing my experience and getting training. My first certification was in Personal Training and my most recent a second Mindfulness Meditation Teacher Training Certificate. I have offered a variety of services related to mind-body well-being. I am committed to ongoing training to meet the diverse and changing needs of executives, teams, and organizations.

Responsibilities include:

- Ongoing training and education including 17 certifications.
- Ongoing training and education in business basics.
- Ongoing training and education in marketing, sales, and social media.
- Writing publications.
- Writing social media posts and engaging to educate, support, and build an audience.
- Writing content for websites.
- Connecting and building relationships online and in person.
- Creating classes and masterminds.
- Attending as a guest on various podcasts
- Design Lunch and Learns and other programs.

Strengths:

- Ability to communicate problems and discover innovative solutions.
- Effective at determining the root of the problem.
- Capacity to get participants to speak up and say what's on their minds.
- Proficient in developing curriculum for meaningful outcomes.
- Utilize science based, proven strategies for developing resilience, mental health, and wellbeing.
- Focus on developing awareness of the mind, body, and emotions for improved wellbeing, relationships, and success.
- Empathetic and train empathy.
- Intuitive and train intuition for innovation.
- High level of self-awareness.

Training and Coaching encourage:

- Enthusiasm-Encourages motivation through mindfulness and connection to personal and organizational goals.
- Humility-Fosters trust and empowerment across team members.
- Resiliency-Builds resilient team members to withstand the stress of daily life.
- Teamwork-Encourages motivation through mindfulness and connection to personal or organization's goals.
- Emotional Intelligence for confident and conscious communication and decision making.
- High functioning teams that know how to problem solve, collaborate, and bring out the best in each other.
- Accountability to self and others.
- Development of self-awareness to understand needs and needs of others to prevent burnout and live a life that is sustainable.
- Understanding of thinking, emotions, and patterns to encourage new behaviors.

“Amy is an awesome leader in the area of mindfulness training. Amy taught me the value of mindfulness and how it can be incorporated as part of a daily routine. Working with her has allowed me to become a leader who has tremendous awareness and empathy for others. As a result I wake up knowing I can make a positive difference for myself and others.” Brent Pohlman CEO Midwest Laboratories

Workplace Wellness Trainer and Transformational Speaker

Lunch and Learns

Evidence based Every-Day Mindfulness 10-session program

12 Session Mindfulness Matters for Daily Living drop in sessions

Custom designed training

Keynote Speaker

Organizations include: Nebraska Enterprise Fund, Business Always (Portugal), American Industrial Hygiene Association (Denver, Colorado), various nursing colleges and organizations, numerous non-profits, Women in Finance and Insurance various organizations including one in Africa, American Society of Safety Professionals, Pentagon Federal Credit Union, and many more.

“Amy is an amazing workplace wellness speaker. She delivers a message that is both practical and actionable that our employees can utilize in both their work and personal lives. Her message is powerfully loaded with application and insight that will impact sustainable well-being, employee retention, and improved performance.” Tanya Smith- Central Plains Center for Services IL Coach

Life, Leadership, and Executive Coach

What started out as personal training quickly became coaching.

- “Thought provoking and creative process that inspires you to maximize your personal and professional potential.” (ICF-definition)
- Provide tools, resources, training, and support.
- Ensure clients gain clarity, confidence, and peace of mind in who they are, what they need, as well as how to achieve the results desired.
- Develop a plan of action and hold accountable.
- Assist in development of emotional intelligence domains including self-awareness and empathy.
- Help clients to understand their strengths, challenges, skills, values, blocks, and beliefs so they can make an impact in life and world.
- Act as a mirror and assist with being a visionary leader.
- Develop effective communication skills, unlock potential, enhance leadership skills, and ability to achieve objectives.

“When I started working with Amy I was overwhelmed and frustrated. We had a very productive clinic but something was missing. Even though we were hitting goals, happiness and the ability to relax and just be never seemed achievable. After working with Amy things started to click. Not only did my goals become easier to achieve but our focus and direction became clear and efficient. I would say we always had a few of the puzzle pieces that were missing. We didn't even know it. Amy was able to help us organize all the

pieces and plug-in the missing ones AND enjoy life and work while doing it. Thanks Amy for the headspace, focus, and results.” Dr. Chad Steskal

Mindfulness Meditation Teacher

Mindfulness based practices, rooted in science to reduce stress, improve well-being, mental health, and resilience. Offered in coaching and training.

- Focus on developing emotional intelligence domains such as self-awareness and empathy.
- Focus on developing creative and intuitive faculties for innovative and visionary leadership.
- Cultivate compassion and curiosity without needing to achieve.
- Neuroscience based.
- Secular.
- Evidence based programs.

“Amy is someone who acts with integrity in all of her relationships, someone with deep empathy and compassion. She is open minded and has a gift for being able to merge the meta-physical and physical worlds so everyone can understand easily.” MSgt. Crystal Collins

Holistic Wellness Practitioner

Intuitive Energy Work Sessions

- Led monthly Mastermind, Evolving Minds, for 10 years.
- Benefits include: clarity, confidence, peace of mind, better sleep, easier time dealing with challenging people, reduction in chronic health issues.
- Unique insight.

“ I put my trust in Amy to help me with some energy work. Since the beginning of our conversation, she has made me feel comfortable and connected. She made me feel “at home.” I was struggling with letting go of past trauma and interruptions in my sleep and mood. She was able to clear this for me and within a week or so, I was sleeping better and showing up as a better version of me. I now refer all my clients to her and wouldn’t choose anyone else.” Ashlee Angelus-CEO Ashlee Angelus Coaching

EDUCATION & PROFESSIONAL CERTIFICATIONS

Training Certifications: Certified Personal Trainer ● Certified Life Coach ● Mindful Fundamentals ● Mindful Educators ● Mindfulness Meditation Teacher 2x ● Certified Sports Hypnotist ● Silva, Ultra Silva, Silva Intuition Mind Training ● EFT ● EMF ● Body Talk Access for Brain Cortices ● Reiki ● Mind Body Fitness Coach ● Studied Domestic Violence Empowerment ● Studied Shamanism and The Reconnection

PROFESSIONAL PUBLICATIONS AND FAVORITE PODCASTS

Understanding Empathetic Leadership <https://bit.ly/UnderstandingEmpatheticLeadershipBIZCAT>
How Mindfulness Can Unlock a More Effective You <https://bit.ly/ChanneleyeEIMindfulness>
Harnessing the Hidden Power of Empathy <https://bit.ly/harnessingthehiddenpowerofempathy>
Journey to Your Best Self <https://bit.ly/mindfulnessEIwork>
Stress Less Now: Five Steps to Peace of Mind and Self-Empowerment <https://bit.ly/WBW5Steps>
The Power of Conscious Thought <https://bit.ly/LIBusinessAlways>
The Sequel of Mindfulness is Empathy <https://bit.ly/EmpathyMindfulness>
Mindfulness at Work Betters Health and Productivity <https://bit.ly/channel3newsmindfulness>
Mindfulness for Sales <https://bit.ly/Mindfulnessforsales>
Elite Performers Podcast <https://bit.ly/ElitePerformersPodcast>

Amy Suz Cleaning
Owner/Operator

Jan. 1998

“ I have known Amy personally for over 20 years and professionally for the last 11. Amy was hired to clean our offices and training center by my predecessor. When I took over that role 2012, I had the opportunity to oversee the work she was performing and work with her on a professional level. In 2019 we moved to a new, and much larger building and Amy told us she did not have the time and resources to continue cleaning such a large space. Our new facility is leased by two tenants, so we found another company to provide services for our large training center, but I basically begged her to continue to clean the Union offices. As you can imagine there is a lot of sensitive data that is in that office, and we have such a high level of trust with Amy being in there after hours that we could not imagine having some random person in our offices. Labor Unions are the most heavily scrutinized entities by the DOL and IRS that we have to dot every i and cross every t. The thought of losing one our most trustworthy and hard-working people I know was just not possible. Amy McCae is a great mother, employee, and most of all a good person. I am fortunate to not only have the opportunity to work with her, but to be able to call her my friend.”

Brad Bird/Business Manager Steamfitters Local 464

Own and operate residential cleaning service and one commercial cleaning contract. Motto: Don't mop until you drop, let me do your dirty work.

- Hire and train staff as needed.
- Advertise and gain new customers.
- Clean effectively as well as efficiently to ensure profits.
- Scrubbing and sanitizing toilets, sinks, and kitchen fixtures.
- Dusting furniture, decor, ceiling fans, blinds.
- Vacuuming, mopping, sweeping of various floors types.
- Empty trash cans.
- Clean offices.
- Exceptional organizational skills.
- Independent and self-sufficient.
- Trustworthy.
- Detail oriented.