

Angela Buttimer, MS, LPC is a licensed psychotherapist, executive coach, keynote speaker, entrepreneurial and lifestyle coach, corporate trainer, retreat facilitator, yoga teacher and behavioral psychology expert. Whether in the ballroom or boardroom, she enjoys speaking to audiences on how to feel, perform and live at their best! She founded the Atlanta Center for Mindfulness and Well-Being over twenty years ago. She is a regular television contributor for Good Day Atlanta Fox 5, a daily columnist for the Atlanta Journal-Constitution (Joyful Daily) and has been published in multiple media outlets like Huffington Post, Spirituality & Health and CNBC as a psychology expert. In 2017, she delivered a TEDx talk with her husband/business partner Dennis called “Defusing Stress with Mindful Mojo” and now coaches other TEDx speakers to bring their messages to the world. She is the author of two books, CALM: Choosing to Live Mindfully (2011) and Inspired: 365 Days of Mindful Mojo (2017) and is working on her third due out this fall, Mindful Leadership. She has facilitated mind-body clinical programming for cancer patients and their families for almost two decades. She grew up riding motorcycles in Georgia and horses in Montana. She loves delicious nutritious food and drink, quality time with good friends and is happiest when cooking and dancing in the kitchen with people she loves.