



Brenda McChesney

SPEAKER | AUTHOR | WELLNESS EXPERT | CONSULTANT



INTRODUCING BRENDA MCCHESENEY

Brenda McChesney is an international health and wellness speaker, author, and entrepreneur. She has trained thousands of wellness professionals across North America. Before launching her own businesses, she spent 20 years co-creating and leading America's family support movement to ensure children and their parents have the supports needed to be safe, stable, and thriving.

In 2018, she founded Ignite Your Zen, a mindful living company dedicated to human flourishing. Shortly after, she launched two additional companies, Healing Power of Hemp and Flourish Hemp Health, based on the premise that suffering from pain, sleeplessness, and stress takes away your ability to be the parent, partner, professional and human you wish to be in the world.

Brenda has launched multiple CBD product lines; the nation's first AVEDA and CBD Spa, Salon, and Wellness Studio; founded Flourish Hemp-Infused Yoga and Meditation; Co-host of the podcast, Evolution to Flourishing launching fall 2021; and author of the upcoming book: CBD & Me Daily CBD Tracker.

In 2021, Brenda was named '**Top 100 Healthcare Leaders**' by the International Forum for Advancements of Healthcare; '**10 Best CEOs of 2021**' by the Industry Era Women Leaders Magazine, and the '**50 Boss Babes of Denver**' for her entrepreneurial innovations in helping people flourish through mindfulness-based health and wellness.

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