



Topics

Annielle offers presentations (in person and virtual), training seminars and customized speeches on the following topics:

- Change
- Burn out prevention
- Mental Health
- Motivation
- Leadership
- Confidence
- Overcoming Trauma
- College Success
- Resilience
- Faith

About Annielle

Annielle Timmons is a Mental Health Expert who currently serves as a Keynote Speaker, Business Consultant and Therapist. Annielle completed her Bachelor's degree from Florida A&M University where she graduated Summa Cum Laude and has a Masters of Clinical Social Work from the University of South Florida. She has spent several years in the mental health field where she has served as a Clinician, helping her clients navigate seasons of crises, assisted them in providing trauma focused counseling, helping them develop healthy relationship skills, and achieve their desired goals. Annielle's life purpose is to help others overcome seasons of adversity, grow through what they go through, and be the best version of themselves!

Annielle began speaking on stages back in 2016 to simply give back to the community with inspiring messages of hope and a zealous spirit to empower her listeners to know that with faith, the right mindset, and inner tenacity they can overcome anything! Annielle's keynote speeches are designed to help listeners feel inspired, motivated to change, and equipped with strategies to take action.

Annielle is known for her vulnerable and powerful sharing of her life experiences. She is not ashamed to show her scars in order to help those currently affected by pain, trauma or hardships find hope and encouragement in her story. The Hope-Dealer herself, Annielle has been effective in the Mental Health industry because she not only has the education and professional experience but also the grit and strategies as a trauma survivor. Her background and personal experience of navigating seasons of hardship and change makes Annielle a true story of inspiration and resilience.

About Support You Mental Wellness Inc.

Annielle is the Founder and Owner of Support You Mental Wellness Inc. where we strive to educate, motivate, and create resilient and thriving mindsets, atmospheres, and lifestyles

Presentations

Work-life-Harmony

Studies show a correlation between burnout and employee retention. Annielle uses her expertise as a therapist who struggled with burn out who has learned what it takes to stay balanced in serving others, family life, and meeting work requirements. This training equips your professionals with tools to reduce burnout/ compassion fatigue, create the fulfillment and balance they need personally and professionally which will support a more positive and productive work environment.

Grow Through What You Go Through

An inspirational and insightful speech on hope, resiliency, mental health awareness and how to heal from trauma.

Unleash Your Inner Tiger

This is a motivational keynote aimed to empower your audience to go within and find inner strength. This talk invigorates and encourages them to keep going even in the face of difficulty, to be relentless, and tap into their inner power to create the life they've always imagined!

