

Rev. Dr. Christian Frazier



Rev. Dr. Christian Frazier is a distinguished motivational speaker, corporate wellness consultant, mindfulness expert, and author of "Happiness Triggers" and "Unleashing Potential: A Guide for Life Mastery". Renowned for his groundbreaking work in mental health and wellness, Dr. Frazier has been consulted on strategies to improve mental health and healthcare at local, regional, statewide, and national levels. His expertise spans across high-performance teams, mental health advocacy, and mindfulness-based solutions for individuals and organizations. With a powerful combination of personal growth techniques and research-backed strategies, Dr. Frazier empowers his audience to unlock their potential, fostering healthier environments both personally and professionally.

SIGNATURE TOPICS

Reimagine, Reinvent, Thrive:

Unlocking Your Potential Through Personal Transformation

From Setbacks to Comebacks:

Bouncing Back Stronger Than Ever

How to Become a dealer of hope on your job, at home in your community

The Power of Collaboration:

Achieving Collective Success as a Team

How to Discover your Happiness Triggers

NOTABLE CLIENTS & COLLABORATIONS

- TECO
- Crisis Center of Tampa Bay
- Black & Veatch
- Florida Department of Health
- *St. Petersburg College
- University of Mississippi (Ole Miss)
- University of Alabama
- NAMI Hillsborough
- Directions for Living
- Hillsborough County Schools
- New York Public Schools
- Orange County Public Schools
- Cove Behavioral Health
- Coldwell Banker
- Keller Williams
- Century 21





HAPPINESS TRIGGERS

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