



Dr. Rekisha L. McMillan

Keynote Speaker | Integrative Women's Health Expert
Faith-Based Wellness, Resilience & Transformation

WHY BOOK ME?

Dr. Rekisha L. McMillan delivers engaging keynotes that equip women to build resilience, manage stress, and transform their health. Blending military leadership, faith-based principles, and integrative wellness expertise, she provides practical tools audiences can apply immediately.

SIGNATURE KEYNOTES

Building Resilience: Lessons from Military & Life

Tools to overcome adversity, build mental toughness, and thrive under pressure.

Stress Management for Mind, Body & Spirit

Strategies to reduce stress, restore balance, and increase energy using holistic and faith-based principles.

Transforming Your Life Through Faith & Wellness

Actionable insights that align faith and wellness to create lasting health, energy, and transformation.

SPEAKER CREDIBILITY HIGHLIGHTS

- Top 15 Christian Health Podcasts (Apple Podcasts)
- Award-Winning Author (American Book Fest)
- Founder, Space for Her Conference (State Recognition)
- Retired U.S. Air Force Veteran & Academic Instructor
- Doctor of Christian Counseling
- Licensed Clinical Social Worker
- Certified Integrative Nutrition Health Coach

SELECTED AUDIENCES & ORGANIZATIONS

- **Conferences & Events**
Women's Awakening Conference
- **Universities & Education**
Strayer University
Adelphi University
- **Healthcare & Corporate**
Inspira Health
- **Faith-Based & Community Organizations**
All the Nations Church
Genesis Baptist Church
Shades of Motherhood Network
Motherhood Chronicles

CONTACT

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