



# Dr. Rekishia L. McMillan

**Keynote Speaker | Integrative Women's Health Expert**

**Faith-Based Wellness, Resilience & Transformation**

## WHY BOOK ME?

Dr. Rekishia 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

## CONTACT



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<https://linktr.ee/rekishiamcmillan>



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## 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

**Available for keynote, conference, and corporate engagements**