



Harmony Major

IAOTH, CRP, CHHC

## HARMONY MAJOR, IAOTH, CRP, CHHC

ROOT-CAUSE GROWTH STRATEGIST • SMALL BUSINESS COACH • ADVISOR • SPEAKER

Founder: [Energetic Harmony](#) | [Excellent Presence](#)

From the ashes rose a focused, compassionate, communicative leader and speaker, **helping impactpreneurs overcome hidden limiters to growth.**

In two decades as a serial entrepreneur and consultant, *Root-Cause Growth Strategist* Harmony Major earned clients like **Google**, **LipoScience**, and **Space Foundation**. She's been featured on **Verizon Small Business**, **The Best Brain Possible**, **Small Business Trends** and more for growth and productivity thought leadership.

Dubbed "**The Oracle**" by her clients for pinpointing internal obstacles others don't see, Harmony helps Change Agents see and stop **deep-seated** internal patterns that waste resources and cause plateaus.

**At age 3**, Harmony was singing and co-directing commercial jingles and reading newspapers. **By 21**, she'd written two books and converted her first business to **full-time in 11 months, with no prior training**. (Despite most founders waiting 2 to 3 years to profit.)

But it wasn't all puppy dogs and rainbows.

**By age 5**—two short years after that jingle—**she was homeless, warming soup on the car engine with Dad**. From harrowing earthquakes, house fires, caretaker substance dependence, and a melee of complex trauma, Harmony's A.C.E. dose rocketed to a dose of 10 out of 10 by Age 10. By adulthood, her history had secretly morphed into progress-limiting imposter syndrome, depression, and a crippling fear of rejection.

Yet, she never knew past *personal* history would cause adult struggles for professional growth.

Desperate to break past years of hidden limitations, Harmony finally uncovered its origin:

Complex traumatic stress **changes the brain**, body and behavior. "Mindset work" **isn't enough** to create consistent, **lasting** change.

Today, Harmony helps remobilize other entrepreneurs feeling "stuck" and seeking answers. A multi-certified *Entrepreneurial Coach*, *Marketing Strategist*, and *Holistic Wellbeing Practitioner*, she combines business strategy and marketing prowess with training from top orgs like **National Center for PTSD**, **HubSpot**, and **Harvard**.

At [Excellent Presence](#), she helps owners **build systems and focused action plans** to attract more and better clients. At [Energetic Harmony](#), she helps them **squash hidden personal patterns slowing business growth**. For 2022, she was named a **Female Entrepreneur to Watch** by Women Entrepreneur Magazine, and nominated one of **10 Most Influential Women Business Leaders to Watch** by Tycoon Success Magazine.

Shy to disrupt? Harmony's fresh takes and passion for change may rattle your cage. But refuse to be confined by society's boxes or your background? Working with her is a mutual come-up—status quo be damned.

## Organization Affiliations

**Energetic Harmony** - Founder, President

**Excellent Presence** - Founder, President

**GROW Business Center** - Coach; Workshop Facilitator

**Rocky Mountain MicroFinance Institute** - Thrive Mentor

**HUUB & CO+HOOTS** - Speaker; Project Consultant; Advisor

**Pacific Community Ventures** - Small Business Advisor

**American Civil Liberties Union (ACLU)** - Member

### Past:

**PLM Families Together NC** - Web Strategy Consultant

**Hines Ugandan Ministries** - Web Strategy Consultant

## Workshops & Masterclasses

**Surprising Science of Getting Unstuck:** How stress & past trauma are causing plateaus + how to progress anyway.

**Perform Better Under Pressure:** 5-minute, science-based tools to stay focused & progressive even under stress.

**Get More Clients: A 90-Day Small Business Action Plan:** Specific, focused action steps to acquire more clients than last quarter with less stress, & focus on the right work.

**How to Avoid Retraumatization:** More easily see and escape triggers and restore balance after difficult events.

**The Art of "Stealth" Time Management:** 3 ways to reorganize work & get more done without boring routines.

## Industry Certifications, Accreditations, & CE

**Google** (Digital Marketing)

**Hubspot** (Inbound Marketing)

**Universal Coach Institute** (Multiple; Pending)

 **Harvard** (Persuasive Writing; Public Speaking)

**Harvard** (Omens, Oracles & Prophecies; Pending)

**International Association of Therapists** (Multiple)

**National Child Traumatic Stress Network** (Multiple)

**John Harvey Gray Center for Reiki Healing** (Usui Reiki)

**Certified Holistic Health, Wellness, & Life Coach (CPD)**

**National Center for PTSD** (Multiple; Pending)

**Trauma Institute International (CRP)**

**Arizona Trauma Institute**

## Media Mentions

**Activate Good:** "Harmony Major Improves Online Presence of PLM Families Together"

<https://EnergeticHarmony.NET/media/plm>

**PRLog:** "Free Energy Session for Entrepreneurs to Reduce Pain, Anxiety" [EnergeticHarmony.NET/media/426reiki](https://EnergeticHarmony.NET/media/426reiki)

## Clients

**Google**

**Medscape**

**LipoScience**

**Space Foundation**

**Cotton, Incorporated**

**Federal Public Defenders' Office of the U.S.**

**Raleigh Historic Development Commission**

**University of North Carolina (Chapel Hill, Greensboro)**

**Boys' and Girls' Club (Durham & Orange Counties)**

## Articles & Guides

**How to Identify Your Ideal Client: The Ultimate Guide**

<https://ExcellentPresence.com/?p=7712>

**6 Proven Strategies: Beat Procrastination & Get to Work**

<https://ExcellentPresence.com/?p=4524>

**3 Reasons Mindset Work Won't Stop Self-Sabotage**

<https://EnergeticHarmony.NET/MindsetSabotage>

**Do Past Personal Upsets Control Your Growth Trajectory?**

<https://EnergeticHarmony.NET/AffirmPast>

**How to Control Emotions (Even When it Feels Impossible)**

<https://TheBestBrainPossible.com/emotions-mental...>

**How to Heal from Childhood Trauma (Without More Pain)**

<https://EnergeticHarmony.NET/HowToHeal>

**What is Reiki Therapy and How Can it Help Me?**

<https://EnergeticHarmony.NET/guides/what-is-reiki/>

## Videos, Presentations, & Actionable Tools

**Your Brain's "Fear Center" is Keeping You Stuck**

<https://youtu.be/5DwbBSs8814>

**There's No Such Thing as a Negative Emotion**

<https://youtu.be/ZeahnIRY2ic>

**How to Turn "Fear" into Energy to Get Unstuck**

<https://youtu.be/g8YY7RQ7zfs>

**How to Stop Overthinking Your Website & Marketing**

<https://youtu.be/WJ12AOZ4U7U>

**"When the Going Gets Tough" [Workshop Highlights]**

<https://youtu.be/pw0EqZx19hI>

**9-Minute Meditation: Detach from Unhelpful Thoughts**

<https://youtu.be/jqMzIPk2h1A>

## Testimonials



"Harmony, you emanate light and compassion and wisdom like a gem in full brilliance. What a powerful workshop today. It brings me healing in the form of hope -- and Harmony!"

**-Belinda F., Workshop Attendee**

"Great workshop! I enjoyed the open and candid responses from the group as well as Harmony. The flow was on point and the format and approach were very professional, yet open and conducive to conversation."

**-C. Ray, Workshop Attendee**

"Harmony spoke with confidence, poise, was engaging and very easy to follow. Everything explained was clear, concise, informative, and logical. No rambling. She was also so relatable, I felt like she understood how I feel! I honestly lost track of time. Great presentation."

**-Raysson J., Workshop Attendee**

"I've felt like something was wrong with me as long as I can remember. I didn't have self-compassion. Self-esteem was very vulnerable. [TRANSCEND™](#) is changing that. I've started thinking about what in my environment needs to be changed instead of thinking I'm so broken. Society tells us what we're passionate about doesn't matter. But TRANSCEND helps me get in touch with me, how I feel and why, and what makes me happy. A lot of times, these are pushed to the side to figure out what will 'make money.' I definitely don't know how I'd stay stable enough to manage my entrepreneurial transition, especially to be effective enough to make more money without your patient, thoughtful assistance. This program helped me feel better about myself, and hopeful."

**J.C. Herring**

Licensed Benefit & Investment Specialist

"My stress level is lower a lot more regularly now. Since I'm aware sooner that it's increasing, I just start thinking about what I can do to stop it (and I do!)."

**-Growth Coaching Client**

"Now I can get my anxiety down to a level where I'm better able to control my thoughts, instead of anxiety being overwhelming and preventing me from functioning."

**-Growth Coaching Client**

"Now when I'm working, I can identify when I'm just having a negative thought that's not necessarily factual. 'Why am I thinking that? Where is it coming from?' And I can redirect my thoughts to change them and get back to more productive thought processes."

**-Growth Coaching Client**



"This [ideal client profile](#) is amazingly accurate. Helps lay the foundation for our marketing strategy perfectly. Thank you for your proficiency!"

**Sherri Monae**

Owner/CEO

MoRich Land Enterprise, Inc.

"Working with [Harmony] has been great! She is professional and takes time to listen and understand challenges/concerns we have. Because of our extremely small staff, reducing steps to volunteers and in-kind donations means we can focus on growing our volunteer program, not just keeping up. Really happy with the way improvements streamline our process! Thank you for all the work and time to make this project a success."

**Meghan Olesen**

Community Engagement Coordinator

PLM Families Together