



Tatiana Miller

PSYCHOLOGIST | PUBLIC SPEAKER

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SHIFT FROM SURVIVING TO THRIVING

Tatiana, founder of RX 4 Life, defied the odds of walking again after a paralyzing accident. Drawing from her experiences with western healthcare, psychology and holistic practices, her services aim to support individuals, especially those with high-stress jobs, those dealing with burnout and anxiety, and those living with chronic illnesses.

Using neurology, mind-body medicine, psychology, and kinesiology, she was named one of the Top 10 "Most Inspiring Women Leaders of 2022," her groundbreaking work in corporate training and development has been commissioned by Fortune 500 companies, Olympic training organizations, and professional teams.

Her strategic programming and coaching boast award-winning results. RX 4 Life offers personalized presentations, corporate consulting, and individual coaching for burnout prevention and alleviation, chronic pain management, personal and organizational growth, and emotional regulation.

Tatiana's mission is to offer the real prescription for life – not just pills or quick fixes, but proactive steps to foster enduring mental health. Combining the principles of both Western and holistic medicine, Tatiana bridges the gap and redefines wellbeing.

Presentation Topics:

High-Pressure Decision Making: Learn effective strategies to make well-informed decisions under pressure without feeling overwhelmed. Transform your life and career, empowering you to excel in the face of adversity and become a master of high-pressure decision-making.

Emotional Turbulence: Get the support to navigate through emotional highs and lows, ensug a balanced state of mind. Unlock your full potential by mastering your emotions, and pave the way to a happier, more successful life with our guidance on navigating emotional turbulence.

The "Juggle Struggle": Break free from the exhausting cycle of juggling life's demands. We'll work together to manage your to-do list and responsibilities, striving for peace and tranquility amidst the busyness.

Stress and Burnout Management: Develop sustainable techniques to handle high-stress situations and prevent burnout, promoting long-term well-being.

Past Speaking Engagements:

- Amazon (Leading High-Performance Teams)
- Anthem (Healthy Boundaries)
- America Airlines (Effective Stress Management) ABBYY (Stress Management for Russia and Ukraine employees)
- Pfizer (Boosting your Mental Health)
- Cigna International Rescue Committee (Ergonomics and Healthy Movement)
- Texas Health and Human Services Commission (Tackling Trauma)

Connect with Tatiana:

- Full Media Kit
- www.mentalhealthsolutionsonline.com
- Tatiana Miller | LinkedIn
- Book | How to Create a Morning Routine to Ease Anxiety



Tatiana's Partial features and Appearances:

ABBYY®

PAREXEL®

Anthem®

Pfizer

GILEAD

amazon



Testimonies

I will be honest, when you first walked in the room, I believe, my wife and I, were really guarded. But it didn't take long for both of us to let that go, in just a little while of you being in here and talking. I appreciate you and Cook Children's for being open minded enough and thinking outside of the box and bringing onboard a person with your mindset and expertise. You truly are a blessing. My wife just left with one of the girls from Child Life to go and look at paints so she can paint something with her affirmations on it. She has been so angry, depressed, and negative since she found out she had to come back, last Thursday. I can't say thank you enough. Also, you are the first person of many, that she actually has thought of changing her career to do the same thing.

I wanted to thank you so much for coming in this afternoon to visit my daughter. You have taken a young lady and brought her back to life, her smile, her positive attitude and twinkle she carries in her eyes. She is again, laughing with me, joking, and wanting to do things. All within the small-time frame you were here today.

Hi Tatiana, I work with ServiceNow and attended your Communication webinar today. Loved it, really appreciate your style. I'm looking forward to watching/listening to your radio show. Thank you again.

Thanks to Tatiana Miller for an excellent presentation today about emotional intelligence. Great strategies for connecting with colleagues and leadership thought challenges both personal and external. "People are stressed right now and apt to be reactive" #emotionalintelligence

Greg Spear,
Principal Training a& Adoption Consultant
at ServiceNOW – The Enterprise Cloud Company