



SPEAKER & RELATIONSHIP STRATEGIST FOR
ORGANIZATIONS AND HIGH-ACHIEVING LEADERS

Helping High Performers Enhance Communication,
Relationships, and Stability Under Pressure



DR. ANGEL'S SPEAKER TOPICS

Dr. Angel creates honest and thought-provoking conversations about leadership, communication, pressure, and relationships. Her direct, engaging, and relatable communication style is grounded in real-life experiences that audiences will immediately recognize in themselves. Dr. Angel's presentations inspire audience members to take action towards enhanced communication, increased performance, and more meaningful connections.

THE PERSONAL COST OF HIGH PERFORMANCE

How high performers slowly lose connection, communication, and stability while, on the surface, everything still appears stable. Pressure and unresolved stress quietly begin affecting leadership, relationships, and life at home.

KEY AUDIENCE TAKEAWAYS:

- Recognize early signs of disconnection and burnout.
- Understand how pressure affects communication and relationships.
- Understand how unresolved stress can quietly affect leadership and decision-making.

CONTROL IS NOT SAFETY

Why avoidance, image management, and overcontrol often create larger relationship and leadership problems over time. How honesty and autonomy lead to professional growth and leadership development.

KEY AUDIENCE TAKEAWAYS:

- Understand how avoidance increases tension and conflict
- Improve awareness of communication and control patterns
- How to have difficult conversations and set expectations without losing your cool.

THE CONVERSATIONS MOST LEADERS AVOID

A direct conversation about what happens when emotional distance, unresolved conflict, and relationship strain go unaddressed for too long. How to step up and have the difficult conversations many leaders avoid before larger problems develop.

KEY AUDIENCE TAKEAWAYS:

- Improve communication during difficult conversations.
- Understand how personal strain can affect leadership and decision-making.
- How difficult conversations improve respect, efficiency, and camaraderie.

IDEAL AUDIENCES

- Leadership Conferences
- Executive Retreats
- Corporate Leadership Teams
- Founder and Entrepreneur Audiences
- Professional Organizations
- Communication and Relationship-Focused Events

AVAILABLE FOR

- Keynotes
- Workshops
- Leadership Trainings
- Retreats
- Panels and Podcasts
- Virtual Events
- In-Person Events

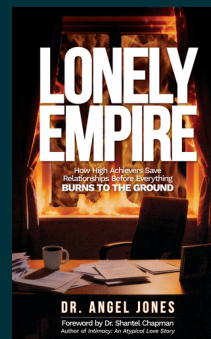
ABOUT DR. ANGEL

While Dr. Angel holds a doctorate in organizational leadership, she is also a licensed marriage and family therapist, relationship strategist, speaker, and U.S. Air Force retiree who works with high-achieving leaders, entrepreneurs, executives, and professionals navigating pressure, communication problems, and relationship stress.

Drawing from years of experience working with individuals, couples, and professionals navigating conflict, pressure, communication challenges, and relationship stress, she speaks on how unresolved personal strain affects leadership, relationships, communication, and decision-making both at work and at home.

Her approach is direct, practical, and focused on helping people recognize problems before they eventually become irreparable.

CUSTOM KEYNOTE AND WORKSHOP TOPICS AVAILABLE BASED ON AUDIENCE NEEDS



You're Winning in Public.
What Are You Losing in Private?

WHAT PEOPLE ARE SAYING ABOUT DR. ANGEL...

I've spent a good part of my life studying what drives high achievers to conquer boardrooms while their most important relationships quietly crumble behind the curtain. Dr. Angel doesn't just study that dynamic. She's LIVED it.

Dr. Angel writes for the people nobody thinks need help. The executives and entrepreneurs who have it "all together" on the outside but are watching their relationships dissolve on the inside. With real stories, real tools, and compassion that radiates off the page, she dismantles the lie that personal relationships must take a back seat to professional success.

If you're standing at that crossroads between another broken relationship and something stronger than you've ever had, this book is the conversation you didn't know you needed.

Larry Broughton
Mentor/Coach | Award-Winning CEO & Entrepreneur |
Special Forces Veteran | Best-Selling Author

Dr. Angel offers clear, practical guidance grounded in deep experience. This book reflects the depth of her wisdom and delivers actionable strategies that produce meaningful, lasting results. Her framework brings structure and clarity to complex relational challenges, equipping readers with the tools to strengthen both their relationships and their leadership. I am confident this work will have a significant impact on those who apply it.

Dr. Dwight Hines
Adjunct Professor | Business | Management |
United States Air Force Veteran

Dr. Angel understands that couples and families are not just the problem; they are also the solution. With her own personal family experiences, she brings guidance and insight. Couples can find solutions born out of their difficulties. She helps couples find their strengths when they are only experiencing their fear, pain, and disillusionment. Her approach distinguishes her as a therapist. She helps redefine the problems as opportunities to grow, rather than quit. The insights in her book will help many couples reset their course toward success rather than failure. Her provocative ideas are motivational toward hope amid despair and helplessness.

Warren Jones
M. Div., Licensed Marriage & Family Therapist

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SELECTED SPEAKING AND TRAINING EXPERIENCE:



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