



*Christian Frazier*

Youth Mental Health Aid Instructor,  
Transcending Trauma in Youth  
Instructor, Motivational Speaker, Life  
Coach, Health & Nutrition Coach  
Meditation Instructor, Peer Specialist

## MEET CHRISTIAN FRAZIER

Christian Frazier is a dynamic expert with a versatile background, serving as a life coach, health coach, mentor, mindfulness meditation instructor, member of the Hillsborough County Zero Suicide Alliance, a peer recovery specialist, trauma education speaker, and trainer. His remarkable career spans various domains, and he is at the forefront of advocating for youth mental health as a nationally certified youth mental health first aid instructor and a vital part of the national Changing Minds Now Initiative. Christian brings a wealth of experience, unwavering passion, and a commitment to empowering individuals to overcome obstacles, unlock their true potential, and embark on a journey towards wellness and success.

## FEATURED IN PROMINENT MEDIA

**The New York Times**

**NEW  
YORK  
POST**



**BLACK  
ENTERPRISE**

**SLATE**



**Orlando Sentinel**

**ORLANDO  
BUSINESS JOURNAL**



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## UNLOCKING THE PATH TO WELLNESS AND SUCCESS:

Christian Frazier's Transformative Journey  
Discover the profound insights and life-changing wisdom of Christian Frazier, a seasoned mental health life coach, mindfulness meditation instructor, certified peer recovery specialist, and nationally recognized youth mental health advocate. Christian has dedicated over 25 years of his life to empowering individuals to overcome obstacles, unlock their true potential, and embark on a journey towards wellness and success.

### SIGNATURE TOPICS

- ✓ How to Become a dealer of hope
- ✓ What's Blocking My Purpose
- ✓ Mental Health First Aid Education
- ✓ Becoming Unstuck
- ✓ Mental Health Awareness for Students
- ✓ Mindfulness and Stress Reduction
- ✓ Trauma-Informed Teaching
- ✓ The Power of Visualization
- ✓ Creating a Trauma-Informed Workplace or School
- ✓ Building Resilience in Times of Change

49.4K IG/Tik Tok/Facebook YouTube/Linked-In 20K Daily Views 100M Google Maps 10M Reach During Campaigns





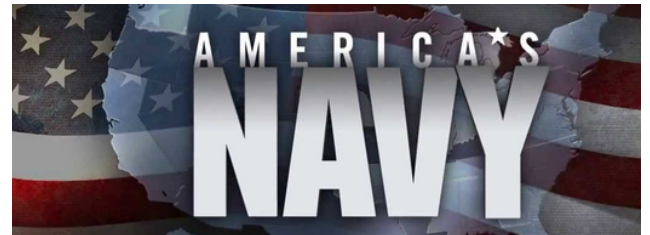
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## MORE ABOUT CHRISTIAN

Christian's profound work has garnered national attention, and partnered with various organizations to create content. He has been featured on the front pages of major newspapers and magazines, including the NY Post, the Orlando Sentinel, and Black Enterprise Magazine. He's been recognized as a BE Modern Man and named among the top 40 under 40 by the Orlando Business Journal, solidifying his status as a trailblazer.

**LAW & ORDER**  
**SPECIAL VICTIMS UNIT**



## BOOK CHRISTIAN FRAZIER

Are you ready to unlock the path to wellness and success for your audience? Christian Frazier is available for speaking engagements, workshops, and seminars. Bring his expertise and inspirational message to your next event and empower your audience to overcome barriers and thrive.

Reach out today to book Christian Frazier for an unforgettable experience that will leave your audience motivated, empowered, and equipped to embark on their own transformative journey to well-being and success.

M<sub>3</sub> E<sub>1</sub> N<sub>1</sub> T<sub>1</sub> A<sub>1</sub> L<sub>1</sub>

H<sub>4</sub> E<sub>1</sub> A<sub>1</sub> L<sub>1</sub> T<sub>1</sub> H<sub>4</sub>

M<sub>3</sub> A<sub>1</sub> T<sub>1</sub> T<sub>1</sub> E<sub>1</sub> R<sub>1</sub> S<sub>1</sub>



Please feel free to reach out for any questions.

*Book  
Christian Frazier*

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