



*Miriam
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Speaker, Educator,
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BIO

Miriam is on a mission to empower 1 million teachers to transform burnout into resilience, wellness, and results. She is a highly-rated speaker and trainer with 25 years of public speaking experience.

Miriam is trained in school psychology, behavior analysis, yoga, meditation, mindfulness-based stress reduction, trauma- and resilience-informed practices. She is also the host of the Mindful Miri Podcast.

SIGNATURE TOPICS

- ✓ Transforming Educator Burnout
- ✓ Prioritizing Yourself
- ✓ Wellness in the Workplace
- ✓ Evidence-Based Resilience
- ✓ Psychology of Body Image
- ✓ Mindfulness-Based Stress Reduction

Get in Touch!

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