

Carrie Phelps, MA

"Radiant Health" Educator



"As vice president of wellness for the YMCA and then director of integrative medicine for the Institute for the Healing Arts, Carrie Phelps has been a true pioneer in the field of holistic care. In my career, she stands out as one of the hardest working, most dedicated individuals that I have ever had the pleasure to work alongside."

Bobby Pitcock
Director Business Development
Ascension Health

"Carrie's skills and knowledge are definitely essential to the success of our educational initiative, and her work on behalf of wellness will surely benefit the entire nation."

Journey Johnson
President and CEO
YMCA of Middle Tennessee

PRESENTATIONS

Radiant Health

Radiant health is an attractive combination of good health and happiness. Carrie Phelps believes this radiance is in each one of us, we simply need to know how to access it. In her inspirational presentations, Carrie reveals how we can tap into our own inner radiance and how naturally wise, whole and resourceful we really are. She challenges her audience to stop living the "Great American Yawn" and ignite inner potential to live a radiant life.

Mind-Body-Spirit Connection

Yes! We are all a beautiful combination of Spirit, Mind and Body. We are a web of biological, psychological, social, and spiritual brilliance. Western science would have you believe we are just a physical body, but it just aint so! In her eye opening presentation, Carrie combines her love for science with her passion for holistic health to enlighten her audience on the power of the spirit-mind-body connection. As a Neuromuscular Integrative Action practitioner, she demonstrates how the body speaks to the mind and how the mind listens. With her background in Spirit-Mind-Body medicine she reveals, through experiential presentation, how the spirit, mind and body work together to produce optimal health.

Strength in Stillness

With our fast paced lifestyles, what could be better for our health than slowing down and cultivating inner stillness and peace? Research shows how just 20 minutes of quietness two times a day greatly enhances well-being. By implementing a daily practice of quiet meditation into her life, Carrie has found a way to tap into inner joy, creativity and strength. She is passionate about helping others do the same. In her Strength in Stillness presentation, Carrie introduces the latest research underlying mind-body medicine while leading her audience through experiential exercises in stillness. By cultivating her own calmness and inner peace, Carrie has found it easier to practice and maintain daily health habits like, stress management, healthy eating, healthy weight maintenance, joyful movement, and spiritual rejuvenation. Learn how simple it is to implement this practice into your life—your Spirit, Mind and Body will thank you!

BIOGRAPHY

Carrie Phelps knows that radiant health is not something to achieve; it is, instead, the natural state of every human being. "I believe that everyone desires a well, joy-filled and abundant life. My job is to coach and encourage people to move from what they intuitively know about living a good life to intentionally living the life they desire."

A pioneer in holistic health, Carrie uses her expertise to impact the wellness of individuals and organizations. Currently, as Senior Project Manager for the YMCA of the USA, she is helping oversee the development of the YMCA's "Total Health" initiative. But taking initiative is nothing new for Carrie Phelps. In 2002 she was the visionary and energetic force behind the design and implementation of The Institute for the Healing Arts in Nashville, Tennessee.

Now, as an accomplished speaker and trainer, Carrie shows the way to an evolutionary and balanced approach to healthcare. Integrating science with her passion for holistic studies, she shares a message of "Enjoying Radiant Health." Carrie's focus is on harmonizing the body, mind and spirit by blending movement and stillness with intuition and education. Her progressive approach to wellness, and her natural warmth and energy, allow her to easily communicate with medical professionals as well as laypersons. With unbridled vitality and commitment, Carrie is succeeding in transforming lives and communities.

"I am inspired by people who are not afraid to be who they are and do what they are called to do, surpassing the obstacles on their way to achieving their goals."

Carrie's career began with a Masters degree in Exercise and Sports Science from Denver University. For more than a decade since, she has dedicated herself to changing the face of healthcare in this country. She has taken her love of learning and used it to promote this mission, becoming trained and certified in Theory, Science, and Practice of Holistic Health Promotion, Neuromuscular Integrative Action (NIA), Body-Mind-Spirit Medicine, and Life Coaching.

Carrie's accomplishments have been recognized nationally and she has received various honors in the area of health and wellness, including the YMCA Association Program Director of the Year Award, and the Program Excellence Award in Health and Fitness for three years running.

Whether speaking, coaching, writing or training, Carrie's professional life is an extension of the well-balanced personal life she shares with her husband and beloved pets. "My goal is to truly make a difference in the health of people and communities."

