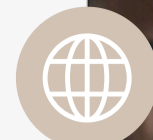


# Angela Gaskin

**Trauma-Informed Life Coach Specializing in EFT |  
#1 International Bestselling Author | Speaker**



“The goal isn't to be radically vulnerable, it's to be gently real”

## Ideal Audiences

- ✓ Women's empowerment & mental wellness events
- ✓ Retreats for women in service roles
- ✓ Faith-based women's groups
- ✓ Podcasts on emotional healing and mindset
- ✓ Conferences on holistic or trauma-informed coaching

Angela Gaskin Coaching  
LIFE BUILT RIGHT

## Speaker Bio

**Angela Gaskin is a trauma-informed life coaching specializing in Emotional Freedom Techniques (EFT) and a speaker.** She's devoted to helping high-achieving women find their worth, reclaim their truth, and create a life they love with her signature *Six Key Elements of a Life Built Right™*.

A former chronic overfunctioner and perfectionist, Angela brings a powerful combination of lived experience, compassionate coaching, and evidence-based tools to help women reconnect with their emotional truth and rediscover who they are beneath the roles they've been playing.

Angela's story is featured in *She Rises*, where her chapter, *Perfectly Disguised: Behind the Mask of Having It All Together*, explores the emotional cost of looking polished while feeling lost—and the pathway to authentic, empowered living.

## Signature Talk

*Six Key Elements of a Life Built Right™* is for women who are tired of performing perfection and ready to feel safe in their own skin. Angela unpacks the hidden toll of burnout, people-pleasing, and emotional suppression—and guides audiences toward grace, confidence, and purpose.

### AUDIENCE TAKEAWAYS:

- ✓ *Six Key Elements of a Life Built Right™*
- ✓ Release emotional overwhelm and restore inner peace
- ✓ Rewire unhelpful thought loops and rebuild your mindset
- ✓ How EFT can regulate your nervous system and create internal safety
- ✓ Align your habits and actions with what actually matters

## Speaking Experience

- ✓ Women's retreats & conferences
- ✓ Church and community groups
- ✓ Youth camps and faith-based organizations
- ✓ Guest on coaching and mental wellness podcasts