

STACIE AAMON YELDELL, MA, MT-BC, AVPT

**Keynote. Panelist.
Workshop Leader.**

Stacie Aamon Yeldell is the founder of Amöntra and the best-selling author of the workbook, "Choose Yourself: A 12-week Journey to Becoming the God of Your Own Heart." She is an award-winning vocalist, speaker, and music psychotherapist with over 15 years of experience in mental health treatment. As a consultant, Stacie has worked with a range of organizations, including The Grammy Foundation, LA Opera, GoogleArts and Culture, Netflix and YoungArts. In addition to being a faculty member for UCLArts & Healing and California Institute of Integral Studies (CIIS), she is a contributing author to the best-selling book: "Music and Mind: Harnessing the Arts for Health and Wellness". Stacie has spoken at events like Women In Music, National Arts Policy Roundtable and Sound Health Summit. She has also appeared on CBS News and is featured in the documentary "Proven." Stacie holds a Masters degree in Music Therapy from New York University, and certifications in Sound and Music Healing from the Open Center, and Vocal Psychotherapy (AVPT) from the Vancouver Vocal Psychotherapy Institute.



SIGNATURE TOPICS

- ✓ Burnout Prevention: Activating Your Creativity
- ✓ Cultivating Healthy Energy Hygiene: How to Stop Absorbing the Feelings of Others
- ✓ The Imperfectionist's Creed: The Quiet Power in Self-Validation
- ✓ Tackling Imposter Syndrome: Discover your Voice
- ✓ Creating Healthy Boundaries With Co-Workers
- ✓ Grounding the Mind and Body to Quiet Anxiety
- ✓ Social Prescriptions, Music and Wellness

"Her serene, compassionate, powerful presence lights up a room and inspires those around her."

- Madelyn Shaughnessy, Digital Programming Manager, The Riveter

AS SEEN IN:



THE GRAMMY FOUNDATION

THE RIVETER



Google Arts & Culture

YoungArts

UCLArts



Healing



CONTACT DETAILS

**For more information about booking
Stacie to speak at your next event,
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