

Chris Prange-Morgan

Author, Speaker,
Mentor, Coach

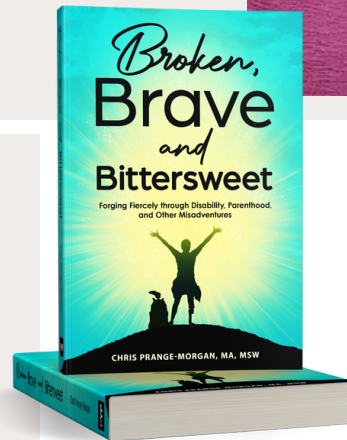
Author of the book *Broken, Brave, and Bittersweet*, Chris Prange-Morgan is an advocate, speaker, coach, mentor, hope monger and recovering idealist. Chris is passionate about using her story to help others understand the impact of trauma on families, individuals, systems and the world, as well helping people find the tools and resilience to work through their obstacles.



➔ chrisprangemorgan.com

SIGNATURE TOPICS

- ✓ Overcoming Obstacles
- ✓ Healing our Broken Parts
- ✓ Self-Care / Self-Compassion
- ✓ **From Me to We:** Finding Hope in the Land of Misfit Toys
- ✓ Quality of Life: A Psychospiritual Approach (in healthcare)
- ✓ Developmental Trauma and the Family System
- ✓ Mindful Parenting (and more...)



SERVICES

SPEAKING

presentations that are inspiring, engaging and informative for your conferences, meetings and events.

INDIVIDUAL/COUPLES COACHING

Chris is a certified life coach with over 20 years of experience in mental health, program development and mentorship.

MENTORSHIP/RETREATS

Support for chronic health conditions, disability, or parenting

AS SEEN IN:

HUFFPOST

TODAY

NO BARRIERS

AMPLITUDE

Psychology Today

The Trauma
Therapist Project

**Institute for
Healthcare
Improvement**

"Chris is one of those preciously rare people who has been able to take the tragedies in her life and use them to grow herself personally, build community for others working through their own struggles, and serve as an amazing friend and role model for those of us who just happened to be lucky enough to cross paths with her. She is achingly honest on bad days and brilliantly joyful on good days; always truthful, passionate and real. Her story has lessons for all of us."

-Dr. Tina Stoeckmann, Clinical Professor, Neurologic Residency Academic Coordinator, Department of Physical Therapy, Marquette University

"Chris Prange-Morgan writes with honesty, wisdom, and insight about the unexpected curves that life throws at all of us. Her story is relatable to anyone who's ever had to change course suddenly, make new plans on the fly, or grow into a role they never dreamed they'd have to play."

-Larry Borowsky, editor, Amplitude Magazine



"Chris' story is an inspiration, and testament to the human spirit. For those of us working in healthcare, it's important to understand the emotional and physical aspects of healing, and to always be present and mindful in caring for our patients. Keep doing what you're doing!"

SERTEC conference attendee

CONTACT DETAILS

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