



AMELIA HOWARD

**Speaker | Therapist | Soul-Centered
Alignment Coach**

**Helping leaders and high-performing professionals
reduce burnout, regain clarity, and perform
sustainably.**

Meet Amelia

Amelia Howard, LMHC, is a licensed mental health therapist, qualified supervisor, coach and speaker with over 20 years of experience in mental health and leadership. As the founder of Soul Purpose Counseling & Consulting PLLC, she is passionate about helping high-performing professionals move beyond overwhelm and reconnect with clarity, balance, and purpose.

Blending clinical expertise with real-world leadership experience, Amelia creates engaging, practical, and transformative experiences that help individuals and teams reduce burnout, improve emotional awareness, and navigate high-pressure environments with greater clarity and confidence.

Signature Experiences

- **Quiet the Internal Noise** - Helping high-performing professionals reduce overwhelm and regain clarity in high-pressure environments.
- **Regulated Leadership** - Equipping leaders with tools to manage stress, strengthen team dynamics, and lead with clarity.
- **From Survival Mode to Sustainable Performance** - Shifting individuals and teams out of burnout patterns into sustainable, balanced performance.

What Audiences Walk Away With

- Reduced mental overwhelm and improved focus
- Tools to manage stress in real-time
- Increased confidence in decision-making under pressure
- Greater emotional awareness and self-regulation
- A renewed sense of clarity, direction, and balance

AMELIA HOWARD

LICENSED MENTAL HEALTH COUNSELOR
& SOUL-CENTERED ALIGNMENT COACH

Amelia creates experiences that are both grounding and actionable, helping participants leave with tools they can immediately apply.

Amelia's Approach

- Interactive
- Reflective
- Trauma-Informed
- Practical & Applicable
- Engaging & Transformative

Experience & Expertise

- Licensed Mental Health Counselor (LMHC), Florida
- Qualified Supervisor for Registered Mental Health Interns
- EMDR & Trauma Informed trained clinician
- 20+ years of experience in mental health counseling, leadership and coaching
- Founder of Soul Purpose Counseling & Consulting, PLLC & Soul Purpose Coaching, LLC
- Workshop facilitator, trainer, speaker, and group facilitator

Let's Connect

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Available for workshops, retreats, trainings, panels, and speaking engagements.