Allie Theiss

Integrative Wellness Coach, Relationship Expert & Menopause Care Provider

Speaking Topics:

- **Holistic Menopause Management**
- **Women's Health & Empowerment**
- **Mind-Body Connection**
- **Couples Thriving in Their Third Act**

To Book Allie:

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Allie Theiss is not only a teacher full of treasured wisdom but highly entertaining and a joy to have headline my events around the country. Her wit, insight and genuine sincerity to help people enhance their lives, is unmatched in the industry today. My hope is everyone who wishes to learn something new will cross paths with this amazing, talented soul!

-Maria Shaw, Season 8's 90 Day Fiancé' on TLC

Allie Theiss, MSc CSC ABS, is a Menopausal Care Provider, integrative wellness coach, and relationship expert renowned for her innovative approach to integrative wellness. Currently pursuing a Ph.D. in Mind-Body Medicine, Allie is dedicated to transforming the lives of menopausal women through a compassionate and comprehensive approach to well-being.

As the force behind **Menopause Wellness**, Allie employs her signature Thrive & Flourish Method™, a six-pillar integrative wellness framework designed specifically for menopausal women. This method addresses the multifaceted nature of menopause, providing a well-rounded path to achieving balance, vitality, and holistic well-being.

Allie's approach integrates holistic methods to support emotional and physical well-being. Her six-month private journey program is designed to empower women to confidently navigate menopause and thrive through this transformative life stage.

Having personally experienced the challenges of menopause, Allie brings both empathy and expertise to her coaching. She strives to help her clients rediscover their passion for life, empowering them to live vibrant, fulfilling lives.

Allie Theiss appeared in

MENOWAVE COSMOPOLITAN Authority Magazine MAVEN

From the National Institutes of Health (NIH): 25 million women pass through menopause each year!

Allie's Keynote

Redefining Menopause: An Integrative Approach to Thriving in the Third Act of Life

Empowers women to transform their menopause journey into one of growth, vitality, and renewed purpose.

Audiences will learn:
How to transform menopause from a phase of struggle into an empowering journey of self-discovery and wellness. Attendees will gain practical insights and strategies to manage symptoms, nurture their mind-body connection, and embrace this stage with confidence and vitality.

INTERVIEW TOPICS:

Empowering Women's Health: Taking Charge of Wellness: *Explore how women can advocate for their health, make informed choices, and embrace empowerment through proactive wellness strategies, ensuring a vibrant and fulfilling life.*

Integrative Wellness Approaches for Managing Menopausal Symptoms: *Learn about holistic strategies such as nutrition, mindfulness, flower essences, and essential oils to improve the menopause experience.*

Thriving Together: How Couples Can Strengthen Their Bond: *Explore how couples can nurture their relationship and deepen intimacy as they navigate life's later stages, focusing on communication, shared growth, and mutual support to thrive in their third act.*

The Thrive & Flourish Method: A Holistic Path to Menopause Wellness: *Learn how The Thrive & Flourish Method offers a comprehensive approach to navigating menopause, focusing on nurturing the body, mind, and spirit to help women not just survive but truly thrive during this life stage.*

The Mind-Body Connection: Unlocking Wellness: *Delve into how the mind-body connection influences overall health, and discuss practical ways to harness this relationship for improved mental, emotional, and physical well-being in both men and women.*

This Isn't Your Mother's Menopause: Gen X Women Redefining the Experience: *Discover how Gen X women are breaking the silence around menopause, challenging outdated norms, and embracing this life stage with openness, empowerment, and a refusal to be confined by traditional expectations.*

Transform menopause from a phase of struggle into an empowering journey of self-discovery and wellness.

Join me on TikTok @menopausewellness.co