



# ANTHONY PARNELL, M.S.W.

**SPEAKER | LIFE COACH | BUSINESS COACH | AUTHOR**

Anthony Parnell, M.S.W. is a Life Coach, Business Coach, and Published Author of several books who is passionate about helping individuals and businesses explore and reach their full potential. He also hosts the Podcast “The Anthony Parnell Show” where he interviews a cross section of Entrepreneurs, CEO’s, Authors, and Health & Wellness Experts to help listeners achieve their personal and professional goals while attaining a holistic vision of success.



## TOPICS

### Stress Management and Work-Life Balance

- Utilizing techniques and principles in Anthony Parnell’s book “The 7 Laws of Stress Management: Life-Changing Strategies for Maintaining Balance in Your Personal and Professional Life”
- [www.AnthonyParnell.com](http://www.AnthonyParnell.com)

### I Am...Success: A Life Model for Holistic Success

- Utilizing techniques and principles in Anthony Parnell’s book I AM... SUCCESS: A Roadmap for Defining and Fulfilling a Life Vision of Holistic Success

### I Love Life! I Love Me! How to Love Yourself and Others

- A Life Skills Development Model for Teens and Young Adults (Workbook and Leader’s Guide Curriculum)
- [www.LoveLifeLoveMe.com](http://www.LoveLifeLoveMe.com) | [www.LoveLifeLoveMeInstitute.com](http://www.LoveLifeLoveMeInstitute.com)

### Living Life in the Affirmative

- Tools and Strategies for Achieving One’s Personal and Professional Goals
- The Power of Affirmations

### 5 Minutes a Day of Writing and Self-Reflection

- Utilizing techniques and principles in Anthony Parnell’s book *Healing through Writing: A Journaling Guide to Emotional and Spiritual Growth*

### Entrepreneurship 101

- Strategies for Starting, Building, and Maintaining Thriving Businesses.
- [www.EntrepreneursApex.com](http://www.EntrepreneursApex.com) | [www.ApexMembersAlliance.com](http://www.ApexMembersAlliance.com)

### Leadership and Team Building

- Strategies and Techniques for Building and Maintaining Effective Teams and Maximizing Employee Performance
- Executive Coaching for Managers (One-on-One Sessions)

### Fatherhood Mentorship

- Strategies and Solutions for Addressing the Epidemic of Absent Fathers in America ([www.FatherhoodSupportNetwork.org](http://www.FatherhoodSupportNetwork.org))

### Poetry Readings

- Anthony is a Published Author of several volumes of poetry

### Booking Information

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[www.TheAnthonyParnellShow.Podbean.com](http://www.TheAnthonyParnellShow.Podbean.com)

## REVIEWS

*“Over the years, I have witnessed Parnell’s ability to engage authentically and effectively with diverse audiences through his writings and when speaking, as well as his unique ability to connect, motivate and inspire.”*

**Monique Earl-Lewis, PhD**

Director, The Faculty Development Center  
Morehouse College

*“Anthony is not just committed to sharing his personal message of self-improvement and reaching one’s potential. He’s committed to doing his part to uplift the overall community.”*

**Lisa Styles**

Chief News Correspondent  
VegasBuzzTV

*“Anthony possesses the rare ability to reach individuals from all walks of life on a very personal level whether it be in a large audience setting or through one-on-one, face-to-face interactions.”*

**LaShawn Wells, JD, CLC**

Owner, Right Choice Coaching

*“Anthony isn’t your average Life Coach. He really listens to you and helps you achieve your life goals even if you already have some in place.”*

**Peter Fedorov**

Entrepreneur

### Social Media

Twitter



Facebook



LinkedIn



Instagram

