



# ANTHONY PARNELL, M.S.W.

**SPEAKER | ENTREPRENEUR COACH | AUTHOR | PUBLISHER**

Anthony Parnell, M.S.W. is an Entrepreneur Coach and Published Author of several books who is passionate about helping individuals and businesses explore and reach their full potential. A graduate of Clark Atlanta University's Whitney M. Young Graduate School of Social Work, he has been a guest lecturer and presenter at various workshops and conferences. Anthony also has made guest appearances on numerous local and national media outlets (radio, television, and podcasts).



## TOPICS

### Stress Management and Work-Life Balance

- Utilizing techniques and principles in Anthony Parnell's book *STRESS MANAGEMENT: A Basic Guide*
- [www.AnthonyParnell.com](http://www.AnthonyParnell.com)

### Entrepreneurship 101

- Strategies for Starting, Building, and Maintaining Thriving Businesses
- [www.EntrepreneursApex.com](http://www.EntrepreneursApex.com) | [www.ApexMembersAlliance.com](http://www.ApexMembersAlliance.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 Social Emotional Learning (SEL) Curriculum for Teens and Young Adults (Workbook and Leader's Guide)
- [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

### Mindfulness: 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*

### 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 Training and Group Discussion

- Strategies and Solutions for Addressing the Epidemic of Absent Fathers in America based upon the book *24 Million* and the 501(c)(3) non-profit organization the Fatherhood Support Network ([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."*

**LaShawn Wells, JD, CLC**

Owner, Right Choice Coaching

*"Anthony isn't your average Entrepreneur Coach. He really listens to you and helps you achieve your life goals even if you already have some in place."*

**Peter Fedorov**

Entrepreneur

*"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."*

**Lisa Styles**

Chief News Correspondent  
VegasBuzzTV

## Social Media

Twitter



Facebook



LinkedIn



Instagram

