

ANGELICA VENTRICE

BUSINESS & MINDSET COACH | SPEAKER | HOLISTIC HEALTH EXPERT



ANGELICA VENTRICE

**HIGH-PERFORMANCE CONSULTANT
FOR HIGH-ACHIEVERS & TEAMS**
WELLNESS & MINDSET EXPERT

Angelica Ventrice is a sought-after mentor, speaker, and wellness expert for Realtors, Entrepreneurs & High-Level Professionals ready to transform their lives from the inside out. After starting her journey as a health coach, she evolved into a powerhouse mindset and life coach who's helped over thousands break through burnout, elevate their health and wealth, and align with their truest potential. She combines her passion for holistic health, mindset, business and energy with practical strategies for sustainable success in wellness, business and life. Her methods are rooted in transformation, confidence, and empowerment.

FEATURED IN:

InmanConnect San Diego, Entrepreneur, Medium, MyFitnessPal, Authority Magazine.

30+ Podcast Features

5+ Sold Out Retreats Worldwide



SIGNATURE OFFERINGS

The Aligned Method Program

1:1 Business & Mindset
Mentorship

Keynote Speaking

Retreats

LET'S CONNECT



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ANGELICA'S KEYNOTES & TRAINING TOPICS

High-Performance D.N.A.™

Unlocking the Energy, Mindset & Physiology to Dominate in Your Career Without Burnout

D-Discipline Redefined
N-Nervous System Recalibration
A-Alignment in Health and Life

The Identity Trap

Why Strategy Alone Won't Save You (And Why Who You Think You Are Is Holding You Back)

The Overachiever's Paradox

Why Your Childhood Conditioning Is Fueling Your Burnout (and How to Break Free)



TESTIMONIALS



Angelica's energy, enthusiasm, and deep knowledge lit up the room and made every moment powerful. As a real estate agent, I thrive in a fast-paced world, and this workshop gave me the tools to hustle smarter, not harder. I walked away with game-changing strategies to boost productivity, maintain balance, and keep my momentum strong—without burnout. The founder's passion is contagious, and her insights are exactly what every high achiever needs. 10/10, highly recommend!"

Dalal P.

Realtor Coldwell Banker Founder of Eagle Business



Angelica delivered powerful coaching sessions for my real estate agents in Orange County. Her guidance was clear, actionable, and grounded in real mindset and performance principles. Agents appreciated the structure she brought and the safe space she created for honest conversation. If you're looking for a coach who combines professionalism, presence, and practical transformation—Angelica is a rockstar.

Terry LeClaire

Regional Manager First Team Real Estate



"Thank you so much for speaking to our crew they loved it! Already getting text and email feedback how great it was!"

Allie Lord

Movement Mortgage



"I had the great pleasure of hearing Angelica speak and was so impressed with her approach to help busy career professionals with their health and mindset. I recommend jumping at the opportunity to hire her for your team. You will not be disappointed."

Laurie S.

Loan Officer



"Within minutes of hearing Angelica speak, you could feel the energy shift and the excitement grow about the knowledge and wisdom Angelica had to offer. She gave us hands-on experience where we got to participate in breathing exercises and a questionnaire about high-achieving women and what they sacrifice. The best part was how very hands on she was. I definitely felt the positive effects of the workshop a week later. Angelica has found & mastered her God given gift of helping high-achieving women. I'm very grateful for her and the positive impact she left behind."

Jessica Raney

Business Owner



CONNECT WITH
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AS SEEN IN

Entrepreneur



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