



JMM  
*Jackie Miller*

MEDIA KIT



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M E D I A

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 [jackie-miller.com](http://jackie-miller.com)

*about*

# JACKIE MILLER

## BIO

**Keynote Speaker, Author, Trauma-Informed Coach & Creator of The W.I.N. Method™**

Jackie Miller is a keynote speaker, author, trauma-informed coach, and creator of The W.I.N. Method™—a neuroscience-based framework that helps people break free from destructive thought patterns and rewire their self-talk to create calm, confidence, and control in their lives. After leaving a sixteen-year emotionally and financially abusive marriage, Jackie rebuilt her life and turned her experience into a mission. She has helped thousands of people escape toxic relationships, navigate high-conflict divorces, and reclaim their power through mindset and behavioral change.

Known for her honesty, humor, and heart, Jackie brings science and storytelling together to teach audiences how to interrupt the mental scripts that keep them small and start winning from within. Her message is one of courage, clarity, and transformation—showing that true victory isn't about beating others; it's about mastering yourself.



# INTERVIEW TOPICS/QUESTIONS

## **The Science of Self-Talk and Inner Dialogue**

- How does our inner dialogue shape confidence, focus, and decision-making?
- What happens in the brain when negative self-talk becomes a habit—and how can we rewire it?
- Why do familiar thought loops feel rewarding, even when they sabotage us?
- How can we train the brain to choose new, empowering narratives over old survival scripts?

## **From Self-Sabotage to Self-Leadership**

- How can someone recognize when their inner critic is running the show?
- What simple tools turn self-talk into energy instead of exhaustion?
- Why is emotional regulation key to making strong decisions under stress?
- How can understanding the stress response build real-world resilience?

## **Rewiring Identity and Building Emotional Resilience**

- What does it mean to “rewrite your identity” after living in survival mode?
- How can solitude and reflection rewire the brain for self-trust and strength?
- How does neuroplasticity—and visualization of the future self—drive healing and growth?

## **Winning the Inner Game**

- What does “winning” really mean when success is defined internally, not externally?
- How can micro-habits and self-talk training help people perform under pressure?
- Why is redefining success essential for lasting motivation and mental freedom?

## **The Future of Self-Talk and Human Potential**

- How is neuroscience reshaping how we think about motivation and performance?
- What’s next in understanding how thoughts create our reality?
- How can teams, schools, and organizations use inner-dialogue science to prevent burnout and inspire purpose?