



JM
Jackie Miller

MEDIA KIT



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about



jackie-miller.com

JACKIE MILLER

BIO

Jackie Miller is a keynote speaker, author, trauma-informed coach, and creator of The W.I.N. Method™, a neuroscience-based framework that helps individuals and teams stay focused, confident, and effective under pressure. Her work centers on a critical gap: high-performing professionals who know how to succeed but struggle to maintain clarity and momentum when faced with obstacles, setbacks, and high-stakes moments.

Drawing from both science and lived experience, Jackie teaches audiences how to reframe challenges in real time, regulate their internal response, and turn pressure into performance. After rebuilding her life following her own personal setbacks, she transformed her experience into a practical methodology that has helped thousands strengthen resilience, build self-trust, and lead with confidence.

STAGE INTRO

Jackie Miller is a keynote speaker, author, and trauma-informed coach, and the creator of The W.I.N. Method™, a neuroscience-based framework for resilience and performance. She helps individuals and teams stay steady under pressure, navigate challenges with clarity, and turn obstacles into opportunities for growth and results.

Please welcome Jackie Miller.



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?