

CAROLYN MURPHY

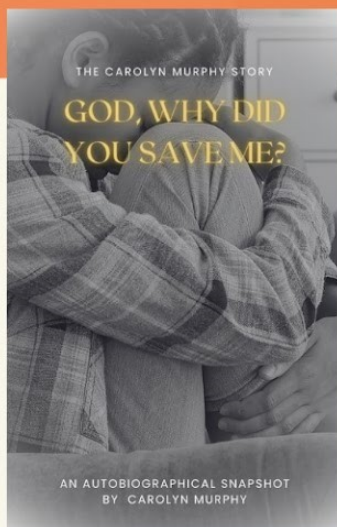
AUTHOR | SPEAKER | COACH

Known as the Mind Shift Coach, author and speaker Carolyn Murphy specializes in helping individuals renew their mindset. Certified as a Tennessee PEER Support Specialist and with a bachelor's degree in organizational leadership, she utilizes her educational and personal experiences to help people take control and lead their lives. Her signature phrase is "I broke up with fear." She knows that a person's outlook is the most important determining factor that influences how they will take action to change their lives. When she helps individuals, she provides a full-service approach, tackling the mindset but also providing the tools necessary to skyrocket into greater.



Signature Topics

- Hearing the Silent Calls
- Forgiving the Unimaginable
- How to Use Your Pain for Purpose
- Giving Grief a New Purpose
- Coping with the Unseemingly Uncopable
- Walking in Purpose



...captivating journey of resilience...

...empowering testament...

...resonates deeply...

...open and honest...

...good and relatable.

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