

Maria Angelova, MBA

Creator of The Angelova Method

Disruptor | Speaker | Author | Podcast Host
| Mind-Body Coach

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Maria Angelova, Founder & CEO of Rebellious Intl and creator of "The Angelova Method", is a well-being consultant, motivational speaker, author, and mind-body expert. Maria is a disruptor who transitioned from a successful Finance career to pursue her entrepreneurial dreams.

In 2016, Maria founded Rebellious Intl, a lifestyle and wellness company where she has curated a unique mind-body approach, The Angelova Method, an integrative approach to physical and mental coaching aimed to elevate individual and organizational performance.

Through her Mind Body Podcast, social media presence, book and syndicated column, Maria champions change in the wellness and fitness industries. Maria promotes self-care prioritization, intentional movement and mindset founded on alignment and self-awareness for healing, personal, professional and organizational growth. Maria firmly believes leadership starts within.

Prior to Rebellious, Maria was a finance professional with 17+ years of progressive corporate experience in the Telecommunications, Finance & Insurance industries. Maria moved to the US from Bulgaria in 1992. Maria pursued her education at Georgia State University, MBA Finance and University of Georgia, BBA Finance, graduating both summa cum laude.

Expressive and inspiring in settings that range from hospitals to conference venues, boardrooms to places of worship, Maria is a credible bridge between faith and reason. Her humor, passion & authenticity, in combination with the latest research, make her a compelling speaker and coach. Maria's personable warmth creates a captivating presence. A common trend amongst those who have experienced Maria's programs say that her teaching is transformative to their lives, and her energy is inspiring.



The Angelova Method:
Feel Good - Strong and Flexible Body & Mind

