



Maria Angelova, MBA

Creator of The Angelova Method

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

In 2016, Maria left a successful 17-year Finance career to pursue her passion for fitness. Today, Maria is on a mission to redefine 'success' through The Angelova Method, a holistic program promoting the symbiotic relationship between a sound body & a serene mind, asserting that true success cannot be achieved with either in disarray.

By vulnerably sharing her story, Maria relates to the listeners provoking thought and reflection. As a compelling speaker, motivator, well-being consultant & coach, Maria inspires curiosity & change in diverse settings, from hospitals to boardrooms, with audiences energized by her teachings, motivated to make permanent lifestyle changes.

Inspiring | Relatable | Genuine | Expressive | Uplifting | Entertaining

The Angelova Method: Redefining Success: Feel Good, Live Intentionally

- Mental Fortitude for Leadership: Believe in Yourself
- Unlocking Potential: Strategies for Elevating Performance at Every Level
- The Art and Science of Change Management: Culture Shift
- Cultivating a Winning Mindset: Attitude Upgrades for Leaders and Teams
- The Art of Attraction: Cultivating a Workplace that Engages
- From Prospects to Partners: Attracting Your Ideal Clients
- Retention Revolution: Strategies for Achieving High Employee Loyalty
- The Power of Creative Energy: Transforming Your Workplace



“I was watching the audience when she spoke...100% frozen! All men and women engaged. It was awesome. We can all relate.”

“Maria’s loving spirit and thought provoking workshops help elevate the Women's Heart program in really meaningful ways. We have facilitated several events together and each time, Maria brings her all and ensures that each participant feels supported, heard, and challenged.”

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