



Harmony Major
CRP, CHHC, C-MHFA, RYT-200

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NATURAL WELLNESS EXPERT • STRESS RELEASE STRATEGIST • SPEAKER

Founder: [Energetic Harmony](#) | [Major Force](#) | [Excellent Presence](#)

She thought procrastination and fearing the spotlight were things she'd always have to deal with... until they weren't.

In less than 6-months, Harmony went from **decades** of avoiding the public eye, to regularly speaking and presenting LIVE for professional orgs across the nation.

Meet Harmony Major, a multi-certified *Solution-Focused Coach*, *Stress Release Strategist*, and *Natural Wellness Expert* for 30-plus Change Agents who happen to be child trauma survivors.

She uses training from top orgs like **National Child Traumatic Stress Network**, **Movement-Wisdom School of Yoga**, and **Harvard** to help them **release stress through natural means to resolve years-long career blocks**. In her 10+ year entrepreneurial career, Harmony's companies earned clients like *Google*, *Trauma-Informed Oregon*, and *LipoScience*.

But it wasn't all puppy dogs and rainbows.

From homelessness at age 5, to harrowing earthquakes, a house fire, parental separation, emotional neglect, and other child traumatic stress, Harmony's A.C.E. dose rocketed to a 10/10 by age 10. By adulthood, that high-stress history had morphed into stifling perfectionism, performance anxiety, and a crippling fear of rejection.

But finally, one day, her personal development journey led her to a revelation:

Behaviors she'd *thought* were "self-sabotage" were just **her body's responses to chronic stress and old trauma**.

Why had no one ever connected those dots?

Her story—and the science—inspired her to create [Major Force](#), a root-cause high performance coaching company to help 30-plus entrepreneurs squash performance anxiety. She helps them find the balance and organization to crush their "Big Goal" in 4 to 6 months, *without* work taking over their lives. She also created [Energetic Harmony](#), a 100% natural stress release studio for 30-plus Change Agents. There, she helps busy professionals release the stress from their tissues to resolve career issues.

Harmony Major has been featured on *Insight Timer*, *The Best Brain Possible*, *Lioness Magazine*, and more. For 2022, she was named *Female Entrepreneur to Watch* by Women Entrepreneur Magazine, and nominated one of *10 Most Influential Women Business Leaders to Watch* by Tycoon Success Magazine.

Shy to disrupt? Harmony's fresh perspectives and passion for change may rattle your cage. But refuse to be confined by society's boxes or your background? Working with her is a mutual come-up—status quo be damned.

Organization Affiliations

Energetic Harmony - Founder, President

Excellent Presence - Founder, President

Major Force - Founder, President

Portland State U. - Writer, Trauma Recovery Presenter

InsightTimer - Meditation & Self-Development Instructor

Nat'l Council for Mental Wellbeing - Mental Health First Aider

HUUB & CO+HOOTS - Speaker; Project Consultant; Advisor

American Civil Liberties Union (ACLU) - Member

Articles & Guides

3 Reasons Mindset Work Won't Stop Self-Sabotage

<https://EnergeticHarmony.NET/MindsetSabotage>

6 Proven Strategies: Beat Procrastination & Get to Work

<https://ExcellentPresence.com/?p=4524>

Are Tough Past Events Slowing Present-Day Growth?

<https://EnergeticHarmony.NET/AffirmPast>

How to Control Emotions (Even When it Feels Impossible)

<https://TheBestBrainPossible.com/emotions-mental...>

How to Heal from Childhood Trauma (Without More Pain)

<https://EnergeticHarmony.NET/HowToHeal>

"Therapy While Black"—and How to Start Healing

<https://EnergeticHarmony.NET/TherapyWhileBlack/>

What is Reiki Therapy and How Can it Help Me?

<https://EnergeticHarmony.NET/guides/what-is-reiki/>

Videos, Presentations, & Actionable Tools

Your Brain's Fear Center is Keeping You Stuck

<https://youtu.be/5DwbBSs8814>

How to Turn "Fear" into Energy to Get Unstuck

<https://youtu.be/g8YY7RQ7zfs>

"When the Going Gets Tough" [Workshop Highlights]

<https://youtu.be/pw0EqZxi9hl>

9-Minute Meditation: Detach from Unhelpful Thoughts

<https://youtu.be/jgMzIPk2h1A>

Stress & Anxiety Meditation: Address Negative Thoughts

<https://InsightTimer.com/harmonymajor/guided-medi...>

Clients

Google

Medscape

LipoScience

Space Foundation

Cotton, Incorporated

Federal Public Defenders' Office of the U.S.

Portland State University: Trauma-Informed Oregon

University of North Carolina (Chapel Hill, Greensboro)

Boys' and Girls' Club (Durham & Orange Counties)

Workshops & Masterclasses

The Surprising Science of Getting Unstuck: *Disruptive data proving how persistent stress and past trauma cause career plateaus... and a formula to level up anyway.*

Perform Better Under Pressure: *Discover the hidden physical ways chronic stress & anxiety block performance. Then learn three, 5-minute, science-backed tools you can use right in tough situations to regain—and keep—control.*

From Paralyzing Anxiety to Clarity, Peace & Confidence: *Learn the turning points that helped me heal from more than a decade of paralysis. At the end, I help you find the root of your roadblocks to start creating lasting change.*

Certifications, Accreditations, CE

Arizona Trauma Institute (Multiple)

Yoga Alliance (Registered Yoga Teacher) 

Movement • Wisdom School of Yoga (Multiple)

National Council for Mental Wellbeing (C-MHFA)

National Child Traumatic Stress Network (Multiple)

Certified Holistic Health & Wellness Coach (CPD)

Antojai Shamanic Wellness (Quantum Light Reiki)

John Harvey Gray Center for Reiki Healing (Usui Reiki)

International Association of Therapists (Multiple)

Harvard (Public Speaking; Persuasive Writing) 

EasyFlexibility (Kinesiological Stretching)

Universal Coach Institute (Multiple)

Testimonials: Speaking

"Thank you so much for a wonderful presentation, and for sharing your time and expertise with the group. I had such a great time today! I learned a lot and I enjoyed how interactive the presentation was. I also really loved the energy from the audience. You did a great job – you speak well and you're approachable and patient. I hope we can work together again soon!"

Bo Abeille

Technical Assistance Administrator
Business Impact NW

"Harmony led a session on performing better under stress that was a HUGE success with our audience. She has an incredibly calming presence that allowed attendees to feel comfortable enough to engage and interact throughout. And she gave tactical strategies to help them understand the topic and move forward in the webinar with easy to use tools. Harmony is a great speaker. Her sessions are highly beneficial for a wide variety of people. We not only had a great turnout, but thoroughly enjoyed it!"

Aliyah Magee

HUUB & CO+HOOTS

"Great workshop! I enjoyed the open and candid responses from the group as well as Harmony. The flow was on point and the format and approach were very professional, yet open and conducive to conversation."

-C. Ray, Workshop Attendee

"Harmony, you emanate light and compassion and wisdom like a gem in full brilliance. What a powerful workshop today. It brings me healing in the form of hope – and Harmony!"

-Belinda F., Workshop Attendee

"Harmony spoke with confidence, poise, was engaging and very easy to follow. Everything explained was clear, concise, informative, and logical. No rambling. She was also so relatable, I felt like she understood how I feel! I honestly lost track of time. Great presentation."

-Ray J., Workshop Attendee

"Super-doooper awesome workshop! You do such a great job of modeling being a real human being!"

-Miriam W., Workshop Attendee

"Harmony's exceptional. Please bring her back for more webinars!"

-Chanel T., Workshop Attendee

Testimonials: Coaching

"My stress level is lower a lot more regularly now. Since I'm aware sooner that it's increasing, I just start thinking about what I can do to stop it (and I do)."

-Growth Coaching Client

"Now I can get my anxiety down to a level where I'm better able to control my thoughts, instead of anxiety being overwhelming and preventing me from functioning."

-Growth Coaching Client

"Now when I'm working, I can identify when I'm just having a negative thought that's not necessarily factual. 'Why am I thinking that? Where is it coming from?' And I can redirect my thoughts to change them and get back to more productive thought processes."

-Growth Coaching Client

"I've felt like something was wrong with me as long as I can remember. I didn't have self-compassion. Self-esteem was very vulnerable. TRANSCEND™ is changing that. I've started thinking about what in my environment needs to be changed, instead of thinking I'm so broken. It helps me get in touch with me, how I feel and why, and what makes me happy. I definitely don't know how I'd stay stable enough to manage my entrepreneurial transition—especially to be effective enough to make more money—without your patient, thoughtful assistance. This program helped me feel better about myself, and hopeful."

J.C. Herring

Licensed Benefit & Investment Specialist