

ANGIE MARIE

Author, Speaker, and Community Leader at the Intersection of Womanhood and the Outdoors



ABOUT ME

I'm Angie (she/her), and I like to talk about periods. And how nature guides women to bring their wild ideas to life. And how "that's just the way it's always been done" is a lame excuse.

As a not-elite-just-enthusiastic mountain athlete, I'm fascinated by the intersection of adventure and womanhood. Fueled by my nonprofit background in increasing outdoor accessibility to underserved communities, I now inspire women and teams to think and act adventurously so they can face fear, beat burnout and live like leaders. Yes, even on their periods.

A TRAILBLAZER IN BOTH NATURE AND MENSTRUATION, ANGIE'S AN OUTDOOR ATHLETE WHO LEADS WOMEN TOWARDS MORE ADVENTUROUS, CREATIVE, AND RHYTHMIC LIVES.

About my book

THE CYCLE
SYNCING
HANDBOOK

Menstruators will experience ~400 periods in their lifetime. What if that meant 400 opportunities to level-up toward goals?

Much of society pushes against their bodies and desires with "linear living." The Cycle Syncing Handbook offers a more sustainable, intentional framework of "cyclical living," paralleling the four seasons to the phases of the menstrual cycle.

Let's break the taboo around menstrual cycles. Nature designed menstruators to be creative, efficient, and intentional leaders. What if your period was your superpower?

MENSTRUAL CYCLES

AS A TOOL, NOT A "CURSE"

Chances are, most women you know are fighting their biology with linear living. But everybody benefits from non-linear patterns for work, creativity, relationships and beyond.

Bust burnout and increase engagement through lessons from nature in Angie's talks and writing.



OUTDOOR ADVENTURE

AS A FORM OF ADVOCACY

I'm an endurance athlete and adventure seeker, but I'm not the first, fastest or farthest. I'm just having the most fun. And I like to share that stoke with others.

My 2022 "Adventure Fundraiser" involved climbing five Cascade Volcanoes (including one in a cow outfit) to raise \$3k to expand wilderness experiences to women and girls. In 2024, I'll be running a 100 mile race for the same mission.



My personal style is "National Park, but make it glam."

I WEAR DRESSES ON MOUNTAINTOPS TO SHOW THAT THERE'S NO ONE WAY TO LOOK OUTDOORSY, THAT YOU CAN DO HARD THINGS AND STILL HAVE FUN, AND THAT BEING A WOMAN IS MULTIDimensionALLY AWESOME.



A BIG LIFE COMES WITH BIG TRADE-OFFS

MY PODCAST, "FOR THE LOVE OF"

How do you build a life you love, and what do you have to give up along the way? We get deep with folks who've made bold pivots to pursue their passions, adventurous thinkers who weighed the risk and went for it anyway. What trade-offs are you willing to make for your career, for parenthood, for the sake of exploration and passion?

CREATIVE CONSULTING

THAT'S ANTI-BORING

You don't fit in a box, so stop trying to stuff your creative work in one. I'm proud to partner with individuals, small businesses, and brands related to the outdoors to bring their wild ideas to life. Most of my work in 2024 supports podcasts, live events, and digital educational resources (like courses and worksheets).



Get in touch!

Website: www.itsangiemarie.com

LinkedIn: www.linkedin.com/in/angie-marie

Email: hi@itsangiemarie.com

SPEAKING, WRITING, AND EVENTS FOR
WOMEN TO SUPPORT A MORE
ADVENTUROUS WORLD