



# Tracie MILES

If there is one thing Tracie is known for, it is her ability to relate to her audiences by communicating straight from the heart. Through her genuine transparency and southern sincerity, Tracie speaks God's truths to empower and motivate women to depend on Christ in their everyday lives. Her goal is not to simply give a message, but to communicate God's Word in such a way that hearts will be changed. Her passion for helping women discover forgiveness, joy and life purpose impacts and transforms lives wherever she goes.

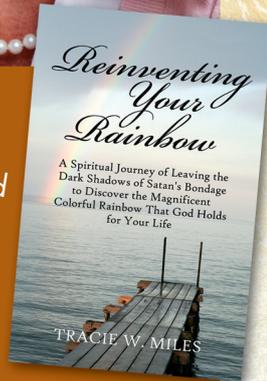
Tracie is an international conference and event speaker for Proverbs 31 Ministries, and a monthly contributing writer for the Proverbs 31 Ministries Encouragement For Today online email devotions, featured on Crosswalk.com. She is also a contributing writer for the P31 Woman Magazine, and has an active ministry blog. She is a published author of "Reinventing Your Rainbow," an inspirational book for women to help them find forgiveness, peace, and joy in their lives, while discovering the purpose that God created them to fulfill. Tracie also enjoys singing at events upon requests.

Tracie is a mother of three children, living in Charlotte, North Carolina, and has been married to her husband Michael for twenty one years. She is actively involved in her church of sixteen years in several ministry capacities. In her spare time, she works as a Freelance Corporate Trainer for Fortune 500 companies, teaching life management, stress management, leadership, teamwork and performance improvement skills.

**"Tracie shared a genuine, compelling testimony of God's grace and direction. She is a clear communicator, leaving long-term impact with visual word pictures, phrases and truth. Her closing song perfectly illustrated God's power and love in our lives, and she shared it with a vibrant, gentle strength that enhanced the lyrics."**

Conference attendee

Proverbs 31  
Ministries



*“Tracie has a wonderful and dedicated heart for God and for touching the lives of women with His word. Tracie brings God's message in relevant ways to other women by sharing her daily journey as a wife and mom. She is a pleasure to listen to and speaks from her heart in a moving, clear and engaging way. Many women have shared with me the impact that her messages had on their lives. Tracie identifies with others one on one, and quickly builds the confidence of those around her.”*

Conference attendee

**To book Tracie for an event, please contact [barb@proverbs31.org](mailto:barb@proverbs31.org). For questions or to discuss your event, you may email Tracie directly at [tracie@traciewmiles.com](mailto:tracie@traciewmiles.com). You can also visit her blog at [www.traciewmiles.com](http://www.traciewmiles.com).**

### **Woman Overboard! Discovering A Stressed-Less Life**

Frazzled, frustrated, fatigued, overcommitted, overloaded and overwhelmed. This is how the majority of women feel as a result of being bombarded with relentless stress from everyday life. Sadly, most of us are looking for stress relief in all the wrong places, and the help we may find, is not the help that will get us through. Through this engaging session, you will experience a stress-makeover in heart, mind and soul as you:

- Understand the physical and spiritual benefits of looking to God for stress relief
- Tap into the power and presence of God to regain a life of peace
- Discover how to live a life of joy despite your circumstances through an understanding of how Jesus dealt with stress

### **Empowered By A Whisper**

Hearing and discerning God's voice is the most important part of our prayer and fellowship time with God. Most Christians long to hear God's voice thundering through the air with the answers to their problems. However, God's voice is more like a gentle whisper, requiring an intimate relationship in order to hear it. You will be reminded of how God speaks intimately and personally, and learn how to be more aware of His voice in your own life as you:

- Recognize how to hear God's voice in the unique ways He chooses to speak
- Embrace the importance of prayer and fellowship with God
- Discover the things that may be causing a disconnect between you and God.

### **Embracing The Call**

God often calls us to do things that seem beyond our comfort zone or capabilities, causing us to hesitate in our obedience and question our calling. This session focuses on helping you realize that God has been equipping you throughout your lifetime for the purpose He destined just for you, even if His plan does not make sense to you yet. You will be inspired to take a leap of faith in your life, as you:

- Understand how to cultivate a true servants heart
- Replace the fear of failure with God-inspired confidence and enthusiasm for purpose
- Recognize how procrastination results in missing God's best
- Build your desire to faithfully and passionately seek God's will for your life

### **You've Got A Friend In Me**

Women need friendship. There will always be times in life where we don't feel like we can make it alone and need a friend to lean on. Although we all long for those true friendships, they are often hard to find. Fortunately, a friendship with Jesus is available to every woman, and a commitment to building that friendship is not only a key to happiness, but leads to life transformation. This session will empower you to embark on a wonderful adventure of building an intimate friendship with Christ, while enhancing your relationships with others, as you:

- Deepen your relationship with Jesus by learning to break down invisible faith barriers
- Embrace the joy that is found through a passionate pursuit of a friendship with Jesus
- Discover six simple friendship habits which can help your relationships with Jesus and others grow deeper and wider

### **Loving The Woman In The Mirror: Learning To See Yourself As God's Treasure**

The longing of every woman's heart is to feel loved, accepted and beautiful, but many of us spend our entire lives seeking these validations from the world, instead of through our identity in Christ. This session leaves women knowing that they are a special child of God, beautiful in every way, and equipped by Him to fulfill a purpose that only they can fulfill. You will walk away with a new perspective on the treasure that you are in God's eyes by:

- Embracing true self confidence that only comes from a relationship with Christ
- Stopping the unhealthy cycle of comparison and discovering how true value and beauty comes from God
- Position yourself to live a confident life by knowing who you are in Christ

### **Removing The Mask**

It begins in adolescence, and continues throughout our lifetime – the art of putting on a plastic smile, hiding our past, covering our flaws, and masking our inner most hurts and insecurities. Your heart will be transformed as you recognize the peace that is available through forgiveness, and the joy of being real with ourselves, others, and God. You will walk away with a sense of excitement and empowerment to use God's victories in your life to help others see Him as you:

- Embrace inner peace by finding freedom from the debilitating feelings of shame
- Reduce self-condemning thoughts by understanding God's forgiveness and love
- Discover how God can turn your past into your purpose

**For a complete list of topics, including keynote and holiday topics, in addition to women's retreat planning ideas, please visit [www.traciewmiles.com](http://www.traciewmiles.com).**