SPEAKER | FOUNDER, APEX EXECUTIVE WELLNESS

RoxAnne Eli



Helping high-performing women regain control of their brains, bodies and health so they can lead with confidence.

RoxAnne Eli is the founder of Apex Executive Wellness and a sought-after speaker on women's health. After more than 30 years working in corporate wellness, she understands the impact that perimenopause and menopause can have on a woman's confidence and performance. Through her signature RED DRESS™ Method, she guides high-performing women from confusion, conflicting advice and ineffective solutions to clarity, confidence and measurable results.

FOR HOSTS & EVENT ORGANIZERS

Conversations your audience can relate to

For podcasts, summits, women's leadership events, corporate talks and workplace wellness workshops.

When menopause shows up at work

How brain fog, fatigue and disrupted sleep can affect the confidence and daily performance of women in demanding careers.

Midlife health beyond "just push through"

A practical conversation about noticing changes, seeking support and making room for your health in a busy life.

The RED DRESS™ Method

RoxAnne's personalized framework for connecting health history, lifestyle and functional insights to an individual plan.

Reclaiming your morning

The routines RoxAnne discusses in The Menopause Counterattack, including light, movement, hydration and food.

PROFESSIONAL CREDENTIALS

Board-Certified Holistic Health Practitioner

Functional Diagnostic Nutrition® Practitioner

Menopause Hormones Practitioner

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APEX EXECUTIVE WELLNESS

SPEAKING & MEDIA INQUIRIES

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Invite RoxAnne to speak

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