

Hannah Keeley is a board-certified life coach, ordained minister, and the founder of Mom Mastery University and Covenant Coach Academy. With her unique strategies for moms, she has been featured on the Today show, Fox & Friends, Good Morning America, Forbes, and a frequent guest on the Rachael Ray show; as well as hosting her own PBS series, "Hannah, Help Me!" She is also the author of Crazy Mama, Total Mom Makeover, and the bestselling book, Mom Fog. Hannah has a podcast—Crazy Blessed. And is a popular speaker in churches, conferences, and women's events.

Hannah was life coaching before "life coaching" was a thing! With a background in behavioral psychology, as well as ministry, Hannah combines her knowledge of brain science with her wisdom of God's Word into a simple, yet profound message—live a life that is blessed like crazy! Hannah believes that the vast majority of problems in life are rooted in fear. However, "God does not give us the spirit of fear, but of power, and of love, and of a sound mind" (2 Timothyl:7). We have the ability to overcome fear with faith, and life the abundant life that Jesus made available.

Hannah began life coaching in 1998, as a faith ministry toward moms. It has since evolved into Mom Mastery University, an online portal for mom-specific, faith-based life coaching; and Covenant Coach Academy, to train life coaches, provide life coaches, and equip pastoral staff to serve their people at the highest level through life coaching. Hannah and her husband, Blair, have seven kids and enjoy being parents, grandparents, and entrepreneurs in Richmond, Virginia.