

About Dr. Christiane Schroeter

Dr. Christiane Schroeter is a passionate Business & Wellness Coach with a distinctive European flair. She focuses on helping women elevate their health and confidence, empowering them to excel in both life and business. With a Ph.D. in Health Economics, Christiane brings her expertise to the classroom, where she teaches Marketing, Innovation, and Entrepreneurship at one of the top U.S. universities using her book *How to Master Your Goals*.

Her teaching has earned her numerous national and international awards, and she deeply values the connections she builds with her students. Beyond academia, many discover Christiane through the Happy Healthy Hustle Podcast, a global favorite ranked in the top 1%.

She also nurtures a thriving community on Instagram and YouTube, where she shares down-to-earth advice on how to care for your health without feeling overwhelmed. Known for her motivating "Let's do it!" attitude and a touch of "Ooh la la," Christiane is committed to inspiring others to live healthier, more fulfilling lives—whether in the classroom or through her vibrant online platforms.