

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 works as Professor of Marketing, Innovation, and Entrepreneurship at one of the top U.S. universities, earning national and international awards for her teaching and research.

Christiane is the host of the Top 1% globally ranked Happy Healthy Hustle Podcast and hosts a vibrant community on Instagram and YouTube, where she shares practical productivity tips and advice.

Her book, *How to Master Your Goals: A Curated Collection of 1-Page Worksheets*, launched as #1 New Release in adult education on Amazon. Known for her motivating "Let's do it!" attitude, Christiane is a sought-after speaker in business and wellness.

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Signature Topics

- Quick Productivity Strategies
- Stress Management and Mindfulness Techniques
- Embracing Positive Habits for Success
- Overcoming Procrastination and Boosting Motivation
- Wellness and Self-Care Habits



Top 1%
Happy Healthy Hustle



550+
5-Star Reviews



Ph.D.
Health Economics