

Miles Mettler - BIO

Miles Mettler is a writer, speaker, and coach who is passionate about bringing out the best in people and helping families thrive. He attended South Dakota State University, where he received his bachelor's and master's degrees. Miles is an ambassador for Focus on the Family, a global Christian ministry located in Colorado Springs, Colorado.

Prior to his current work, Miles led the Brooking Wellness Program at SDSU for eight years before returning to school, attending Arizona State University to study exercise/wellness and behavior change and earning his doctoral degree.

A lifelong learner, Miles is certified as a life coach, a Leading from Your Strengths facilitator, and self-talk trainer. He enjoys speaking, coaching, writing, and opining on his blog at MilesMettler.com. He and his wife, Christy, have four children: one in high school, one in college, one in the US Air Force, and one working as a writer.