



Richele Biography

Short Bio

Richele Wilkins is the heart behind The Mindset Shifter™ movement — a motivational speaker, author, nurse, Certified Senior Advisor, and founder of Caring Hands Home Health, Inc. A single mom who built a multi-million-dollar caregiving agency while raising her son and navigating her father's dementia, Richele empowers audiences to shift their mindset, rise through life's challenges, and create ripple effects of change that last for generations.

Whether speaking to caregivers, leaders, women in transition, or faith-based communities, Richele delivers messages that are heartfelt, humorous, and highly practical — reminding every audience: you don't have to do life alone, and the best is yet to come... if you choose it.

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Long Bio

The driving force behind The Mindset Shifter™ movement, Richele Wilkins is re-defining what it means to rise, lead, and care in every season of life — especially the ones no one prepares you for.

A powerhouse motivational speaker, Certified Senior Advisor (CSA), nurse, author, and founder of Caring Hands Home Health, Inc., Richele has inspired audiences across the country with her unique blend of real-world caregiving insight, resilient leadership, grounded faith, and bold mindset transformation.

Her story is one of heart, hustle, and healing.

As a single mother, Richele built a multi-million-dollar home care business from the ground up — all while raising her son, caring for aging parents, and navigating the emotional and logistical weight of her father's dementia diagnosis. With no business degree, just grit, grace, and the willingness to figure it out one decision at a time, she turned life's hardest seasons into her greatest fuel.

She knows what it's like to feel stretched, unseen, uncertain — and she knows exactly how to rise through it.

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Long Bio

A former nurse with a Bachelor of Science in Nursing, Richele brings both clinical knowledge and lived experience to the stage. She's been featured across a variety of media platforms and continues to be a trusted voice in the worlds of caregiving, midlife empowerment, leadership, and faith-based growth.

Today, Richele speaks to caregivers, women in transition, corporate teams, church communities, and organizations hungry for transformation. Her keynotes and workshops are heartfelt, humorous, and highly actionable — offering audience members the tools to:

- Shift from burnout to purpose
- Reframe challenges into opportunities
- Build resilience rooted in compassion, not perfection
- Lead with heart — at home, at work, and in life
- Navigate caregiving, aging, and reinvention with courage and joy

Audiences walk away feeling seen, lighter, more equipped, and deeply encouraged — with practical steps they can implement immediately and a renewed belief that “the best is yet to come... if you make it so.”

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Long Bio

Through her growing brand — which includes her book (The Ripple Effect), YouTube channels, Caregiver Masterclass, merchandise line, and the upcoming Big Age Energy™ podcast — Richele is building a movement around this core belief:

“Life gets greater later — if you shift your mindset and choose it.”

She currently lives in Greensboro, North Carolina, where she continues to serve her community, grow her company, mentor emerging leaders, and travel the country speaking truth, compassion, and possibility into every room she enters.

Her motto?

You don't have to do life alone. But you do have to decide to live it fully.