



Kathleen Kelley

STRESS MANAGEMENT
COACH

MEDIA KIT

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Kathleen Kelley has helped transform the lives of people around her for over 30 years. Her passion for neurology, brain health, wellness and the importance of self-care led her to become a life coach. She uses both her experience as a seasoned physical therapy professor, yoga and meditation teacher, and her thorough understanding of neuroscience to guide individuals to shift their mindset and take control of their lives.

- Physical Therapist
- Professor of Physical Therapy
- Certified Life Coach
- Formerly Overwhelmed and headed for a collision with burnout



SPEAKING TOPICS

- ✓ How to define overwhelm and reduce or eliminate it in your daily life
- ✓ How to use the knowledge of neuroanatomy and neuroscience in understanding burnout
- ✓ Kathleen is available to provide stress reduction workshops for small or large groups. These workshops include active audience involvement in exercises designed to reduce stress immediately, as well as in the future.

CLIENT TESTIMONIALS

"I was blown away by the mindset shift I was able to achieve with Kathleen."

Marla R.

"Coaching with Kathleen has been an amazing experience. I have felt stuck for many years in my nursing career. She has helped me loosen my beliefs and see what is possible." Ganelle T.

"Dr. Kelley gave a fantastic workshop to our rehabilitation staff about preventing overwhelm and burnout. Her presentation and expertise were exceptional and we have already put her tips to work."

Caitlin C.



IDEAL AUDIENCE

Although she works with people of all career paths and walks of life, Kathleen's plan is to improve the mindset of her fellow therapists, so they can take a stand against the status quo of overworked and undervalued healthcare practitioners.

KATHLEEN'S APPROACH

Helping people realize the power of the mind is Kathleen's favorite part of being a life coach. She believes working with the mind is more challenging than working on the body, but it is rewarding in the long run. She gives individuals stress management tools they can draw on in moments when they are overwhelmed or stressed. Drawing on her experience as a yoga and meditation teacher and life coach, she develops individualized programs for stress management and teaches clients to manage their minds to improve their quality of life. She genuinely enjoys a challenge and is determined to guide her clients to become better versions of their former selves.



GET IN TOUCH

If you're interested in booking Kathleen for a speaking engagement, please feel free to reach out below.

Kathleen

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