

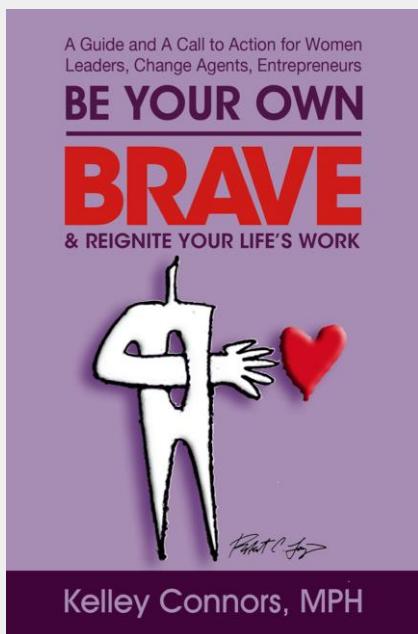
Kelley Connors, MPH

Life Work Coach & Author
Online Retreat Leader
Wellbeing Workshop Leader
Health & Wellbeing Consultant



Be Your Own Brave is a Call-to-Action for Women Leaders & Entrepreneurs

Topics for Online Retreats & Webinars



- Reignite Your Life's Work for Experienced Women Leaders
- Nurture Your Self-Care Pathway to Work Well
- Mindfulness & Mindset for the Team Leader in Uncertain Times
- Move Out of Your Comfort Zone with Head and Heart
- Amplify Your Mission for You, The Brand
- Using tools from her book, "Be Your Own BRAVE, we redefine bravery and lead with courage to find our best life's work.

Conference Focus

- Health & Wellbeing /Positive Psychology
- Self-Leadership, Self-Management & Self Care

- Leadership Coaching & Motivation
- Women's Wellbeing

Contact:
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Testimonials

"I've known Kelley's work for a decade, and she's tirelessly committed to advancing public health, especially women's health in midlife. I have seen her apply her branding and communication skills in creative ways to engage both consumers and healthcare professionals for better health and wellbeing. I highly recommend her to any healthcare or wellness organization." — **Michelle Segar, MPH, PhD, Director at University of Michigan's Sport, Health, and Activity Research and Policy (SHARP)**

"Rewarding and reflective retreat with a fabulous group of warm, welcoming, sharing & open women who were/are not only accomplished but seeking more for themselves. Provided me with clarity in how I will design the next stage of my life". — **Scientist and Future Wellness Coach**

"Kelley, it was lovely to see you in action and to see what a great program you put together for the women. I'm sure that your support will help them a lot as they move forward. It was really lovely to see the camaraderie. It was a pleasure participating!" — **Julie M Silver, MD, Associate Professor and Associate Chair Strategic Initiatives Harvard Medical School Department Physical Medicine and Rehabilitation**"

Kelley Connors is the founder and President of KC Well, and Author, Be Your Own Brave and Reignite Your Life's Work. She facilitates coaching, retreats and workshops for women, encouraging self-reflection, curiosity and courage as tools for risk-taking and resilience. Kelley has a Masters in Public Health and was trained as a health & wellness coach with Wellcoaches. She has multiple online certifications in mindfulness, coaching and positive psychology. She teaches yoga and mindfulness to women at women's organizations.



Book Kelley for speaking/coaching/workshops
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