

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

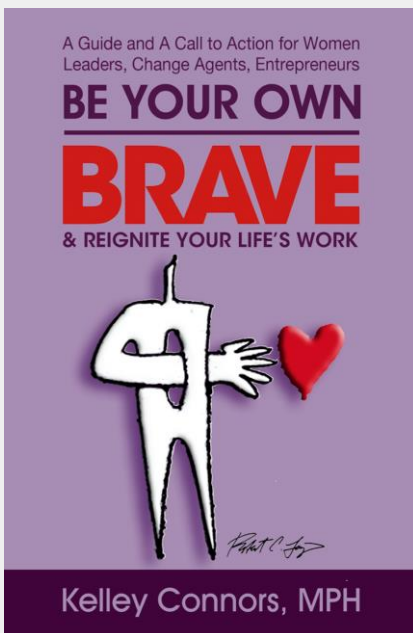
Topics for Online Retreats & Webinars

- 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
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- 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

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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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