



Chioma Atanmo

Offerings & Services

NUTRITIONIST & WELLNESS COACH
WWW.MINDFULAPPETITE.COM

Hello!

Chioma Atanmo is a nutritionist and wellness coach. She holds a degree in Nutritional Sciences with a chemistry and psychology focus. As a former competitive athlete who struggled with her health after a career ending knee injury in addition to discovering a benign tumor in her breast, she quickly noticed how grind culture has made us adopt unhealthy habits, especially when she entered the corporate world.

With over 10 years of experience, she started Mindful Appetite as a wellness platform to teach people how to prioritize their well-being. Her goal is to help empower people to take control of their health again by creating sustainable practices at any stage in life.

[Check out her latest keynote with the Kansas City Business Journal](#)

 Mindful Appetite by Chioma Atanmo

 @chioma.atanmo

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Why I do What I do?

We are so disconnected to how our body's feel due to the stress of life and it's making the world ill. But I'm hopeful! My goal is to empower people to feel confident in understanding what their bodies need to not just survive but thrive.

Whether that is through improving your nutrition, mindset, or movement...we have to start somewhere.

The first step in healing our world, starts with healing the body.

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KEYNOTE & WORKSHOP FACILITATOR

- Easy Health & Wellness for Women
- Strategies for Stress Management
- Surviving to Thriving
- Navigating Life & Career Changes



PANELIST TOPICS (Q&A)

- Holistic Health & Wellness
- Mindful Habits to Combat Burnout
- Life After Sports
- Creating a Personal Brand with Social Media
- Using Sports to Drive Social Change

Additional Speaking Topic

- Creating Wellness In the Workplace
- Work Life Integration
- Women's Leadership & Empowerment
- Nutrition Mythbusters
- Using Mentorship to Advance Your Career
- How to Build A Personal Board of Directors
- Wellness for Entrepreneuers



Looking Forward to
Working with You!



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