



Allison Tibbs

WELLNESS COACH, SPEAKER,
AND FACILITATOR

SERVICES & RATES

Meet Allison!

COACH, SPEAKER, FACILITATOR

Allison Tibbs is a certified Healthy Lifestyle Coach & Corporate Wellness Strategist, as well as an International Speaker and Best Selling Author, who is in the business of helping female executives, entrepreneurs, and leaders achieve a better quality of life.

Her passion for helping women prioritize their physical and mental health stemmed from her own struggles with depression, anxiety, and burnout. She leads by example and pays it forward through her coaching, training, and speaking business - The Nourished Life Coaching & Consulting.

When she is not coaching her clients or teaching fitness classes, she hosts her podcast, [I Buy Myself Flowers](#). She currently splits her time between Los Angeles and San Francisco, CA. For more information, visit www.AllisonTibbs.com.



AS SEEN IN

Women'sHealth Prevention *Real* Daily POPSUGAR.

Workshop Topics

Stress Management for Leaders & High Performers

Designed for leaders and high performers who are feeling overwhelmed by stress and burnout.

This session provides tools and techniques to help incorporate mindfulness into daily routines, in order to reduce stress and increase overall well-being.

Simplified Self-Care for Busy Professionals

Designed for professionals who struggle to prioritize their physical and mental health due to their demanding schedules, roles, and responsibilities.

This session provides a framework and easy-to-implement strategies that will improve the physical and mental health of the participants.

Balancing Life and Leadership for Women Leaders

Designed for women leaders on the brink of burnout due to the demands of professional and personal lives.

This session tool, strategies, and interactive group discussions to improve the health and happiness of the participants.

Classes

Bodyweight Bootcamp

Train the entire body with a low impact class focusing on strength, cardio, and core.

Total Body Flow

Move the body with a yoga-inspired flow focusing on flexibility, mobility, and posture

Mindfulness & Breathwork

Calm the mind and body with a grounding class focusing on stillness and meditation.

Client Testimonials

"Allison you are just such a joy and a light ! Listening to you is such a pleasure !!! :) I was so tired after this week and this workshop has filled my cup."

- *Virtual Wellness Participant*

"My team got so much out of this time together and we've already adopted the practices taught here!"

- *Sr. Director, Salesforce*

"I cannot thank you enough for designing such a great program and for all of your tips and encouragement along the way. You are incredible!"

- *Wellness Seminar Participant*



WHO I WORK WITH

For the past 10 years, I've been traveling the world sharing my passion for wellness, motivation, and personal & professional development. I truly believe that we have the ability to show up as the best version of ourselves by shifting our mindsets and our habits.

Past clients & partners include Cisco, Genentech, Waymo, Hogan & Lovells, Salesforce, Cartier, PwC, Google, Arnold Ventures, Sumo Logic, Tonal, Twitch, Equinox, and more.

RATES

- Movement or Mindfulness Class (up to 45 mins) - \$400
- Interactive Keynote (up to 2 hours) - \$2,500
- Half-Day Workshop (up to 5 hours) - \$6,000
- Full-Day Seminar (up to 8 hours) - \$10,000

All keynotes, workshops, or seminars include pre-program interviews, worksheets, and post-program resources for participants. Recordings are provided for virtual sessions.



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GET IN TOUCH

Whether it is hosting an interactive keynote, leading a fitness class, or facilitating a workshop, my main focus is to partner with you to create something that will do more than just inspire but provide guidance, tools, and strategies to support the well-being, health, and happiness of your group. If you are looking for someone for your group or organization, I'd love to speak with you to see how we can partner together to create something truly powerful.

Allison