

# GLOW & GROW WELLNESS

# Kelly Piez

WELLNESS COACH & HEALTH EDUCATOR



**10.8 K**

IG  
FOLLOWERS

**71%**

WOMEN  
25 - 44 Y/O

Kelly is a certified health and wellness coach, yoga instructor and trained educator who understands the importance of observing individual wellbeing from a holistic standpoint. Kelly supports her clients and community to adopt simple, healthy lifestyle shifts for optimal wellness. Kelly has completed post-graduate studies in Lifestyle Medicine and is currently completing her Masters degree in Health Promotion.

Through her coaching business, Glow & Grow Wellness, Kelly facilitates workshops and speaking events centred around creating healthy habits. Her personal mission statement is to inspire and cultivate sustainable holistic health and wellness growth within each of her clients, allowing them to thrive and flourish into their best version of whole and well.

Kelly lives by the beach on the Great Ocean Road, VIC. She's a self-confessed foodie, loves to travel and dotes on her black lab Leo.

## Audience

Kelly's community is a group of health-conscious, inspired individuals who are consistently seeking ways to improve their wellbeing practices. They prioritise self-care and wellness into their routines as well as those of their families. These community members appreciate honest recommendations and transparent advice. They value integrity and trust that Kelly solely endorses brands that truly align with her ethos and core value of healthy, natural living.

## Opportunities:

- Sponsored Posts & Product Reviews
- Styled Product Shoots & Photography
- Giveaways
- Yoga Workshops & Health Coaching
- Speaking Events
- Live Events & Showings
- Social Media Takeovers + more

### CONTACT KELLY

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