



@arenovatedlifecoach

KIT ROBERTS

A RENOVATED LIFE, LLC



@kitroberts

Author | Speaker | Recovery and Life Coach

Keynotes and Workshops

◆ A Renovate Life Workshops

A four-part, interactive journey designed to help individuals in recovery rebuild their lives from the inside out.

◆ Renovated Workplaces

An interactive workshop designed to help employees become the best version of themselves—at work and in life.

◆ Rewired and Redeemed: Addiction, the Brain, and a Better Way

This powerful presentation bridges the gap between Scripture and science to help the Church better understand addiction.

About Kit

Kit Roberts is the owner of "A Renovated Life, Coaching and Consulting and author of "A Renovated Life: Restoration Room by Room."

She helps individuals, in recovery and the workplace, build lives that are happy, healthy, and whole.

She is a seasoned Human Resource professional with an extensive background in Training and Development and Corporate Wellbeing. She has experience working in healthcare, education, and non-profits.



“Testimonial”

From the moment I met Kit Roberts, I was taken by her clear, concise manner of speaking. I simply assumed that she was a professional presenter/trainer. I was right! Kit crafts a message for a specific audience and knows how to create lasting impact.

~Mary Anne Radmacher, Author

Let's Connect

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