



[www.transformfitnesscoaching.com](http://www.transformfitnesscoaching.com)

*Caren Carnegie*

INTUITIVE MOMENTUM  
COACH

MEDIA KIT

# Hi, I'm Caren!

## SPEAKER & INTUITIVE MOMENTUM COACH

Caren Carnegie is an Intuitive Momentum Coach, Certified Personal Trainer, and Speaker who helps people reconnect to their strength — physically, emotionally, and spiritually.

Through her work at Transform Fitness Coaching, Caren guides clients and audiences to remember what they're capable of, move with deeper intention, and trust their body's wisdom. Her approach blends personal training, spiritual life coaching, and psychic channeling to create transformation that goes far beyond the gym.

Caren speaks from lived experience, with a message rooted in embodiment, energy, and realignment. Her voice is both grounded and intuitive — inviting listeners to return to themselves and move forward with soul.



MOVE WITH PURPOSE.  
SPEAK WITH SOUL.



# APPROVED BIOS

## SHORT BIO

Caren Carnegie is an Intuitive Momentum Coach, Speaker, and the founder of Transform Fitness Coaching. She blends personal training, spiritual life coaching, and psychic channeling to help people reconnect to their strength and truth — physically, emotionally, and energetically.

Caren's work invites deeper alignment through the body, intuitive movement, and soul-led transformation.

## LONG BIO

Caren Carnegie is an Intuitive Momentum Coach, Certified Personal Trainer, Spiritual Life Coach, and Psychic Channeler. She is the founder of Transform Fitness Coaching — a practice that helps people rediscover their power by bridging movement, energy, and inner awareness.

Caren's approach integrates strength training, intuitive coaching, and spiritual guidance to create true transformation from the inside out. Her work isn't about chasing perfection — it's about remembering who you are and moving with purpose.

After navigating her own journey through burnout, chronic symptoms, and emotional disconnection, Caren found her way back to herself through movement and deep listening. Now, she speaks and coaches from a place of embodiment — helping others tune into the wisdom of their body and reconnect with their soul's rhythm.

She offers talks, sessions, and spaces where people feel seen, supported, and stirred into motion — not just physically, but energetically and emotionally as well.

TRUSTED BY THOUGHT LEADERS

## BRAINZ.

*What the hosts are saying...*

*"Caren's work is what happens when someone listens — deeply — to themselves and others. It's real, grounded, and exactly what people are ready for."*

— P. Kobald, *The Holistic Circle Podcast*

*"Caren brings warmth, wisdom, and depth — our conversation was powerful, genuine, and truly resonated with my audience."*

— Denise Drinkwalter, *Thrive After 45™ Podcast*

## SIGNATURE TALKS

### The Holistic Approach to Fit-ness: Beyond the Gym

Reconnect to your strength by aligning body, mind, and soul. This talk explores how movement becomes a path to self-awareness and sustainable transformation — far beyond aesthetics or routine.

### The Spiritual Side of Strength

Strength isn't just physical. This talk explores how inner power, resilience, and trust in your Self can transform how you move — and how you lead.

### The Midlife Reawakening: It's Not Too Late to Begin Again

Midlife isn't a decline — it's a sacred portal. This talk speaks to transformation in your 40s and beyond, led by intuition, not urgency.

### Redefining Fit-ness: Reclaiming the Body, Mind & Soul

A call to shift the narrative — from chasing change to coming home to yourself. This talk explores how fitness can become a path to remembrance.

### Movement as Medicine: Listening to the Language of the Body

Our bodies speak in symptoms, resistance, and energy. This session teaches how to attune to the body's wisdom and move in healing ways.

### Channeling as a Tool for Personal Leadership

A grounded look at intuitive channeling — and how receiving guidance can help you lead your life from clarity, alignment, and deeper truth.

*Talks can be tailored to summits, events, or workshops — and are available virtually or in person.*

# LET'S WORK TOGETHER

*Let's create a moment that moves your audience – physically, emotionally, and energetically.*

EMAIL

WEBSITE

BOOK A CALL

SPEAKER ONE-SHEET PDF

INSTAGRAM

LINKTREE

*Looking forward to co-creating something  
meaningful,  
– Caren*