



www.transformfitnesscoaching.com

Caven Carnegie

INTUITIVE MOMENTUM
COACH

MEDIA KIT

Hi, I'm Caren!

INTUITIVE MOMENTUM COACH

Caren Carnegie is an Intuitive Momentum Coach, Certified Personal Trainer, and Speaker who helps people reconnect to their strength across body, mind, and soul.

Through her work at Transform Fitness Coaching, Caren guides individuals and audiences to move with deeper intention, trust their body's wisdom, and remember their inherent capability. Her approach blends functional strength training, embodied coaching, and intuitive guidance to create transformation that feels grounded, empowering, and lasting.

With lived experience at the core of her message, Caren speaks on embodiment, emotional resilience, and redefining what it means to be fit in a world that is waking up. Her presence is warm and activating, inviting every listener to come home to themselves and move forward with purpose.



MOVE WITH PURPOSE.
SPEAK WITH SOUL.



APPROVED BIOS

SHORT BIO

Caren Carnegie is an Intuitive Momentum Coach, Speaker, and founder of Transform Fitness Coaching. She is leading a new approach to fit-ness where movement reconnects people to their innate strength, clarity, and Self. Her work blends functional strength training, embodied coaching, and intuitive guidance to support physical, emotional, and energetic transformation. Transform HQ in Sebringville is her holistic training space, where movement becomes remembrance.

TRUSTED BY THOUGHT LEADERS

BRAINZ.

LONG BIO

Caren Carnegie is an Intuitive Momentum Coach, Certified Personal Trainer, Speaker, and founder of Transform Fitness Coaching. She leads a holistic approach to fit-ness that reconnects people to their strength, clarity, and Self through movement, emotional awareness, and intuitive guidance.

Her philosophy was shaped by her own journey through burnout and disconnection – and the profound homecoming that occurred when she began listening to her body. That experience became the foundation of her work:

movement as remembrance.

Caren is an Executive Contributor for Brainz Magazine and an emerging voice in the wellness and personal growth space. She speaks on embodied leadership, intuitive strength, and the shift toward a more conscious and welcoming fitness culture. Based in Sebringville, Ontario, Transform HQ is her holistic training space designed for real, grounded transformation – where every person is welcome to rise into who they are becoming.

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.

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WEBSITE

BOOK A CALL

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