



www.transformfitnesscoaching.com

Caven Carnegie

INTUITIVE MOMENTUM
COACH

MEDIA KIT

Hi, I'm Caren!

INTUITIVE MOMENTUM COACH

Caren Carnegie is an Intuitive Momentum Coach, Speaker, and founder of Transform Fitness Coaching, where she is redefining fit-ness as a state of being. With nearly two decades of experience working closely with people, Caren guides individuals and audiences to reconnect with their body as an intelligent system – one that holds the capacity for strength, awareness, and self-leadership.

Her work moves beyond traditional fitness, blending functional training with embodied awareness to create transformation that is not forced, but felt – grounded, sustainable, and deeply personal.

Caren speaks on embodiment, resilience, and the evolution of fit-ness in a changing world, inviting people to move with intention, trust themselves, and lead from within.

Her presence is both steady and activating, creating spaces where people don't just feel inspired – they experience a shift in how they see themselves and what they're capable of.



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 with embodied awareness to support physical, emotional, and energetic transformation. Caren is the creator of Transform HQ in Sebringville — a holistic training space where movement becomes remembrance.

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 and embodied awareness. 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 a Founding Expert with She Owns Success. She speaks on embodied leadership, intuitive strength, and the evolution of fit-ness toward a more conscious and inclusive experience. Based in Sebringville, Ontario, she is the creator of Transform HQ — a holistic training space designed for real, grounded transformation, where movement becomes a pathway back to Self and every person is welcomed into who they are becoming.

TRUSTED BY THOUGHT LEADERS



BRAINZ. *SHE OWNS* Success

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

Caren's talks bridge movement, awareness, and self-leadership – inviting audiences into a more embodied way of living, leading, and creating lasting change.

The Holistic Approach to Fit-ness: Beyond the Gym

Reconnect to your strength through a deeper awareness of the body. This talk explores how movement becomes a pathway to self-leadership, sustainable well-being, and a more intentional way of living – far beyond routine or aesthetics.

Embodied Leadership: How the Way You Live Shapes How You Lead

Leadership begins within. This talk explores how self-awareness, internal alignment, and embodied presence influence how we lead, communicate, and show up in every area of life.

The Reawakening: Choosing Yourself in a New Chapter

A grounded and empowering perspective on beginning again. This talk explores how moments of transition become opportunities to reconnect, realign, and move forward with clarity and self-trust.

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

A powerful reframe of fitness as a state of being. Caren invites audiences to move beyond external expectations and into a relationship with their body rooted in awareness, trust, and remembrance.

Movement as Medicine: Listening to the Language of the Body

The body is constantly communicating. This session teaches how to recognize and respond to its signals – moving beyond force and into a more intuitive, supportive relationship with movement and healing.

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

SIGNATURE WORKSHOP EXPERIENCE

The Embodied Momentum Method

Developed within Transform Fitness Coaching

This experiential workshop introduces Caren's Embodied Momentum Method — a body-led approach to cultivating awareness, authentic expression, and aligned momentum.

Through guided movement, reflection, and embodied practices, participants reconnect with their internal intelligence and experience what it means to move forward from within — not through force, but through alignment. This is not about learning more — it's about experiencing a shift.

Rooted in Caren's phase-based approach to transformation, this experience supports lasting, embodied change.

Embodied Momentum in practice — through movement, awareness, and Self-leadership.



LET'S WORK TOGETHER

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WEBSITE

BOOK A CALL

SPEAKER ONE-SHEET PDF

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*Looking forward to co-creating something
meaningful,*