



Caren Carnegie

Intuitive Momentum Coach

Speaker | Spiritual Life Coach |
Psychic Channeler | Certified
Personal Trainer

Caren Carnegie is an Intuitive Momentum Coach, Speaker, and the founder of Transform Fitness Coaching. Blending personal training, spiritual life coaching, and psychic channeling, Caren guides people into deeper alignment with their body, their truth, and their purpose.

She speaks on the power of movement, self-trust, and intuitive living — inspiring audiences to redefine transformation from the inside out.

SIGNATURE TOPICS

- **The Holistic Approach to Fit-ness:** *Beyond the Gym*
- **Redefining Fit-ness:** *Reclaiming the Body, Mind & Soul*
- **The Spiritual Side of Strength**
- **Movement as Medicine:** *Listening to the Language of the Body*
- **The Midlife Reawakening:** *It's Not Too Late to Begin Again*
- **Channeling as a Tool for Personal Leadership**

MOVE WITH PURPOSE.
SPEAK WITH SOUL.



I'M AVAILABLE FOR:

VIRTUAL & IN-PERSON ENGAGEMENTS

- Keynotes, summits, wellness events, retreats, panels, team training.

PODCAST INTERVIEWS

- Conversations that go deeper - on movement, energy and soul-led living.

WORKSHOPS & GROUP SESSIONS

- Embodied learning experiences blending fit-ness, spiritual insight, and self-discovery.

CUSTOM COLLABORATIONS

- Co-created talks, live experiences, or brand-aligned activations.

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



Please feel free to reach out with any questions.

Let's Work Together



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