



Caren Carnegie

Intuitive Momentum Coach & Speaker

Spiritual Life Coach • Certified Personal Trainer

Caren Carnegie is an Intuitive Momentum Coach, Speaker, and founder of Transform Fitness Coaching, redefining fit-ness as a state of being.

With nearly two decades of experience working closely with people, she helps individuals move beyond traditional fitness into embodied leadership, self-awareness, and real momentum.

Her work bridges the physical and the unseen – guiding people back to their body, their power, and the way they were meant to live and lead.

SIGNATURE TOPICS

Caren's work explores fit-ness as frequency, embodied leadership, and self-directed momentum.

- **The Holistic Approach to Fit-ness:** *Beyond the Gym*
- **Redefining Fit-ness:** *Reclaiming the Body, Mind & Soul*
- **Embodied Leadership:** *How the Way You Live Shapes How You Lead*
- **Movement as Medicine:** *Listening to the Language of the Body*
- **The Reawakening:** *It's Not Too Late to Begin Again*

MOVE WITH PURPOSE.
SPEAK WITH SOUL.



AVAILABLE FOR:

VIRTUAL & IN-PERSON ENGAGEMENTS

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

PODCAST INTERVIEWS

- Conversations that go deeper, exploring movement, awareness, and self-led living

WORKSHOPS & GROUP SESSIONS

- Embodied learning experiences that integrate fit-ness, self-awareness, and personal leadership

CUSTOM COLLABORATIONS

- Co-created talks, immersive experiences, and aligned brand 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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