



Carrie Ehrlich

Health & Wellness Coach
Keynote Speaker
Workshop Facilitator



Carrie is an exceptional speaker & wellness advocate. Her knowledge & eloquence have left a lasting impact and we highly recommend her.

- Leading Global Commercial Real Estate Firm

transformwellnessllc.com

Carrie@transformwellnessllc.com

carrie-ehrllich-transformwellness

312.608.0876



Sample Speaking Topics

Is Your Life on Autopilot? Break Free and Live with Intention!

Stop going through the motions. Explore ways to think strategically about your life, align your actions with your values, and bring deeper meaning to each day.

Is Your Lifestyle Sabotaging Your Retirement Reality?

Small decisions we make every day have a profound impact on our quality of life, both now and in the future. Discover the choices you can make today that your future self will be thank you for!

Are You Eating Yourself to Illness? The Shocking Truth About Food and Wellness

Think you know what's in your food? Discover the hidden impacts of your diet on your health and learn how to make choices that boost your vitality and wellness vs. causing harm.

Bio

Carrie helps stressed out corporate executives reclaim health, energy, and joy.

Carrie's practical approach to wellness was inspired by her personal health struggles as a corporate 'go getter.' Her unique programs and talks blend lived experience, extensive wellness training, and a focus on helping corporations and busy executives achieve a healthy balance.

Clients

VedderPrice

THE BRIDGE GROUP



CBRE



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Offerings and Rates

Keynote Speaker

\$5,000

Customized Workshops

\$4,000 - \$6,000

Employee Resource Group &
Corporate Presentations

Contact for pricing