

KELLY BOWLEY

Empowering women to rediscover their vitality, embrace their worth, and pursue their full potential and purpose



MOTIVATIONAL SPEAKER/WELLNESS COACH

Kelly Bowley is a passionate storyteller and transformational coach dedicated to empowering women to break free from societal norms and embrace their authentic selves. As the Founder and CEO of **Living Well with Kel**, Kelly guides women on unique journeys of self-discovery, helping them shed limiting labels and honor their individuality. When Kelly speaks, audiences are inspired to see the beauty in their unconventional paths, celebrate their growth, and step boldly into their full potential. With over 20 years of experience in healthcare, Kelly has evolved from a registered nurse to a holistic wellness coach, leading a movement toward authentic, empowered living.

KEYNOTE 1

*"Finding Treasure in the Past:
Embracing Your Journey to Self-Worth"*

Key Audience Takeaways

- ✓ How to examine your past in order to gain insight on your current thoughts and behaviors
- ✓ The 3 keys to finding acceptance and acknowledgement through healing
- ✓ The single most powerful exercise to help you create a more authentic future

KEYNOTE 2

*"Authentic Wellness: Defying
Expectations, Redefining Healing"*

Key Audience Takeaways

- ✓ Understanding key principles of holistic wellness and alternative medicine
- ✓ The importance of challenging societal norms when it comes to our health care, and why doing so gives you more freedom to heal
- ✓ Actionable strategies and resources to integrate holistic practices into your daily life

CAREER AND PERSONAL HIGHLIGHTS



Registered Nurse with 20+ years in healthcare. Equipping people with knowledge and tools so they can become their own best health advocate.



Breast cancer survivor. Defying societal norms and modern medicine to forge a path forward using prevention and holistic medicine for total healing.



Certified Storyteller. Putting storytelling at the forefront of all communication to bridge the gap between science and humanity, making others feel seen and heard.