

Ronnie Lo Life Coach

HABITS & FUN ACCOUNTABILITY - MY JAM - YOUR WINS!

SPEAKING TOPICS

- Change is Hard but doesn't have to be: How Habits Can Help In Times of Career Transitions
- Self-Accountability is Self-Care: How To Kick Out Discipline And Celebrate Wins
- Work-Life 'Imbalance' That's Fun and Easy - Achieve it With Your Habits!
- Slay The Money Monster - With Tiny Habits That Are Easy Peezy
- NoMo FoMo - Create Great And Healthy Social Media Habits
- Your Boundaries As Habits For Healthy Relationships
- Diets Are Like Dating, Habits make your Soulmate

"Ronnie is an example of a guest who has used her personal experiences and story to empower and help other women, and her passion for encouraging other women to be their best selves jumps through the mic."

- Laurie Jabbar, Host She's A 10 Times 5

ABOUT

Feeling too busy and rushed in the morning to exercise, too occupied during the day, and too tired in the evening? Want to eat cleaner, nutritious food but facing resistance from family members? Does your diet say one thing, but your cravings and taste buds shout another?

Is it Discipline or Willpower?

Neither. It's Habits!

Ronnie Loaiza aka Ronnie Lo Life Coach shows you how to make your life easier and create or change habits that by their very nature, are natural! They stick because habits are 2nd nature, while diets, detoxes, challenges, and forced willpower are temporary.

This is true in every aspect of your life - Health, Career, Time-mgmt., Daily Work, Focus, Productivity, even Relationships and Family! Ronnie shows you how habits drive you and lead you to your goals in everything. She helps you create habits with doable tiny steps, and to reinforce and solidify them with fun

Celebrative Accountability!™

FEATURED ON:

She's a 10x5

Late Bloomer Living

V.I.B.E. Living Wellness

Courage - Edith Wolek.

B. Rad PodCast with Brad Kearns

Providers Edge Peak Performance

AND MANY MORE!

"Ronnie's skills in helping you to create and keep habits and providing accountability are incredible. You don't just get a list of 'hacks.' Instead with her help, you explore what is doable. Once you find that inspiration, she helps you take tiny steps so that the steps become habits, and the habits become a lifestyle you want to live".

-Antonio B, Client

"Ronnie has an amazing energy that she shares with anyone who meets her. In this podcast, we talk about the many transitions and transformations we go through in midlife and how to leverage them to ultimately bring us joy along our midlife journey.

- Lynnies Woods-Mullins, Host V.I.B.E. Living Wellness

BOOK RONNIE

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Let's Connect!

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