



[www.carolconroy.com](http://www.carolconroy.com)

*Carol Conroy*

LIFE COACH  
SPEAKER & WRITER

MEDIA KIT

# Heyya. I'm Carol!

LIFE COACH, SPEAKER & WRITER

Well, you may be looking at this woman in the picture wondering: Just WHAT has SHE ever really been through?? And that is a fair question... and I will answer: a FAIR bit. Or better said, "a bundle"...or really, "a whole bunch" of STUFF that had had me STUCK and STRUGGLING. I mean, what was I gonna DO with a life that LOOKED "just right on the outside" but that felt truly "CRAZY and CHAOTIC" on the IN?...



 **18.5K**  
@reallygreatsite

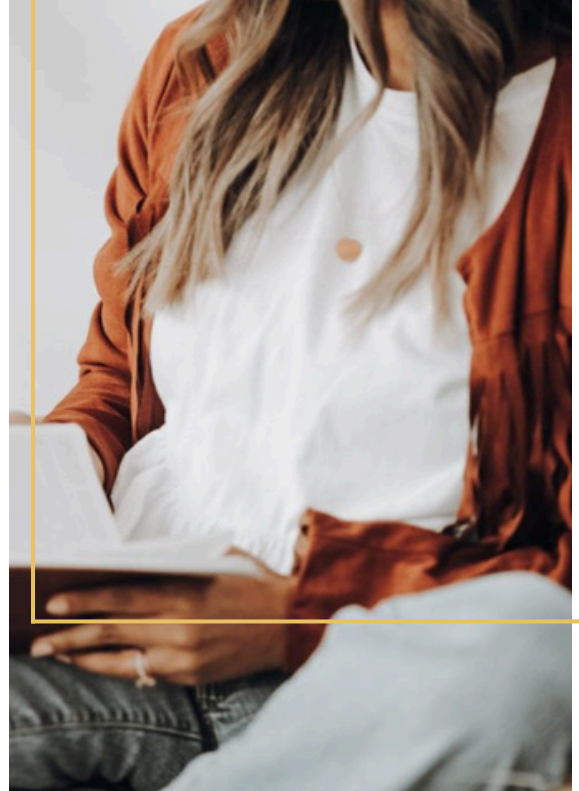
 **45.5K**  
monthly page views

 **75K**  
podcast downloads

 **15K**  
email subscribers

# Coaching

UsThe Victory thru Values PROGRAM is a unique process I have developed over the years that has helped many women breakthrough whatever "ISSUE" they have, into a LIFE of fulfilling faith based VICTORY. This shift is a steady step-by-step PROGRAM that uses personalized templates and tools, paired along with individual coaching sessions, to help you discover the pain-points, process and path that can lead you from out-of-control CHAOS to CHRIST-BASED CONFIDENCE.



## Testimonials

“

Carol is authentic... the real deal. she is not into quick fixes and gives of herself whole heartily. She invests time and energy which is so encouraging which motivates you to move forward. She won't tickle your ears or sugar coat it, she loves you enough to tell you the hard truths.

*Carey*

“

Carol is definitely one of God's servants! She genuinely listens and never judges anyone by what they have done or said. She has truly helped me see a different light to life and living! I recommend Carol as a life coach to anyone that needs to transform their life!

*LauraLee*

# Speaking



## SPEAKING TOPICS

- ✓ Importance of Daily Dipping in God's Word
- ✓ Goal and Growth of Building Your Spiritual Life
- ✓ Authenticity = GOD'S Capabilities = ENDLESS POSSIBILITIES
- ✓ Values and Identity: Understanding our values better is a baseline for what we choose to do and decide in our lives
- ✓ TRUTH is the Unshakable, Unchangeable and Unstoppable – the Wonderful Word of GOD

## Testimonials

“

Carol is authentic... the real deal. she is not into quick fixes and gives of herself whole heartily. She invests time and energy which is so encouraging which motivates you to move forward. She won't tickle your ears or sugar coat it, she loves you enough to tell you the hard truths.

Carey

“

Carol is definitely one of God's servants! She genuinely listens and never judges anyone by what they have done or said. She has truly helped me see a different light to life and living! I recommend Carol as a life coach to anyone that needs to transform their life!

LauraLee

# Writing



Use this space to share and promote your podcast. Lorem ipsum dolor sit amet, consectetur adipiscing elit. Cras at velit convallis, condimentum mi nec, mattis erat. Lorem ipsum dolor sit amet, consectetur adipiscing elit. Etiam dapibus tristique porta. Suspendisse ac dignissim felis, vitae rhoncus metus. e this space to share and promote your podcast. Lorem ipsum dolor sit amet, consectetur adipiscing elit. Cras at velit convallis, condimentum mi nec, mattis erat. Lorem ipsum dolor sit amet, consectetur adipiscing elit. Etiam dapibus tristique porta. Suspendisse ac dignissim felis, vitae rhoncus metus. e this space to share and promote your podcast..

## MOST VIEWED BLOGS

### How to Create a Balanced Life

with guest Rachelle Beaudry

### Why is Self-Care Important?

with guest Isabel Mercado

### Self-care Routine during a Pandemic

with guest Marceline Anderson

## MY AUDIENCE

90%

women

70%

25-31 yrs old

57%

USA



## WHO I WORK WITH

---

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Cras at velit convallis, condimentum mi nec, mattis erat. Quisque sagittis quam ut pharetra rutrum. Etiam dapibus tristique porta. Nulla non diam lacinia, gravida nisi ornare.

## WHAT YOU CAN EXPECT

---

Nam scelerisque blandit justo, eu scelerisque nisl pretium elementum. Suspendisse potenti. Sed odio enim, auctor a pellentesque sit amet, ullamcorper in purus. Etiam dapibus tristique porta. Donec in vestibulum arcu, nec suscipit sapien.



## GET IN TOUCH

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Cras at velit convallis, condimentum mi nec, mattis erat. Etiam dapibus tristique porta. Nulla non diam lacinia, gravida nisi ornare.

[carolconroyimpactcoaching@gmail.com](mailto:carolconroyimpactcoaching@gmail.com)

[www.carolconroy.com](http://www.carolconroy.com)



*Carol*