



# CARMEN OHLING

VIRTUAL SPEAKER AND COACH  
MENTOR TO HIGH ACHIEVING WOMEN

# ABOUT

Carmen Ohling is an entrepreneur, speaker, podcaster, mentor to high achieving women, holistic nutritionist and former corporate executive. She serves as an expert on many media outlets, such as: Fox News, Living Local and a variety of health and women-centric podcasts. Carmen has traveled the country on national tours to highlight critical issues for women and to create a better understanding about harnessing the authentic power that is inside each of us, in order to design a life we truly desire.

Carmen's work is dedicated to redefining success for ambitious women and their teams to take back control of their life, health, and business. She does this through her coaching & mentoring practice and speaking at workshops and conferences both virtually and in-person. Her goal when connecting is to be entertaining and knowledgeable, plus she always guarantees attendees to leave with action steps they can take right away in order to live their best life possible!



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# VIRTUAL WORKSHOPS



AUTHENTIC  
VIRTUAL  
LEADERSHIP

PREVENTING  
BURNOUT

CONFIDENTLY  
SHOWING UP  
VIRTUALLY

EFFECTIVE VIRTUAL  
COMMUNICATION  
AND SCHEDULING

Additional topics include: Authentic Leadership, Finding Confidence Through Congruence, Effective Virtual Selling, How to Get S\*\*t Done Working From Home, and a variety of Workplace Wellness and Mental Health topics.

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# KEYNOTES



FINDING YOUR  
AUTHENTIC  
LEADERSHIP VOICE

RITUALS  
FOR  
SUCCESS

RECOGNIZING  
AND PREVENTING  
BURNOUT

ACHIEVE MORE:  
FOCUS ON WHAT  
MATTERS

Additional topics include: Building Powerful Relationships, Serving vs Selling, Doing Less to Experience More, Developing Powerful Teams, Get and Stay Motivated, Workplace Wellness and Mental Health topics.

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# REACH



3000 Loyal IG Followers  
@carmenohling



1500 Engaged FB Followers  
@carmenohling



1400 Email Subscribers  
carmen@carmenohling.com



Current Audience  
Women 70%  
Ages 25-45 66%



Featured In



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# CONTACT



EMAIL:

[carmen@carmenohling.com](mailto:carmen@carmenohling.com)

WEBSITE:

[carmenohling.com](http://carmenohling.com)

PHONE:

(541) 619-4262

BLOG:

[carmenohling.com/blog](http://carmenohling.com/blog)

SOCIAL MEDIA:

Instagram [@carmenohling](https://www.instagram.com/carmenohling)

Facebook [@carmenohling](https://www.facebook.com/carmenohling)

Instagram [@thepermissionslippodcast](https://www.instagram.com/thepermissionslippodcast)

LinkedIn [linkedin.com/in/carmen-ohling](https://www.linkedin.com/in/carmen-ohling)

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