



CARMEN OHLING

SPEAKER, PODCASTER,
LIFE COACH & HOLISTIC NUTRITIONIST

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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IN-PERSON & VIRTUAL WORKSHOPS



AUTHENTIC
LEADERSHIP

PREVENTING
BURNOUT

CONFIDENTLY
SHOWING UP

EFFECTIVE
COMMUNICATION
AND SCHEDULING

Additional topics include: Authentic Leadership, Serving vs Selling, 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

HEALTH
RITUALS
FOR
SUCCESS

RECOGNIZING
AND PREVENTING
BURNOUT

ACHIEVE MORE:
FOCUS ON WHAT
MATTERS

Additional topics include: Building Powerful Relationships, Finding Confidence Through Congruence, 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



2400 Email Subscribers
carmen@carmenohling.com



Current Audience
Women 70%
Ages 25-45 66%



Featured In



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CONTACT



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The Permission Slip Podcast

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