



# ELLEN PALMER

SPEAKER · AWARD WINNING HEALTH COACH

*Create your ideal blueprint for thriving*



AS SEEN IN...



## SPOTLIGHT: IDEAL LIFE DESIGN

Body, mind and spirit are intricately linked for happiness and well-being. Lasting success comes from practicing powerful daily habits to support who we uniquely are. Your audience will walk away with practical tools, principles and mindset shifts to navigate life's challenges to create their ideal health, career, and relationships.



### Testimonial

**"Ellen is a breath of fresh air. Kind, compassionate, and wise, she really connects, understands, and walks the talk on living life by design. Thank you, Ellen!"**

- Rosa Conti, Pitney Bowes

## ADDITIONAL TOPICS:

- Creating Balance in Your Everyday
- Overwhelm to Ease: Thriving in Uncertain Times
- Success Strategies for Health and Happiness
- Food as Medicine for Physical and Mental Health
- Ideal Year: Create Your Unique Blueprint
- Mindfulness for Lasting Change

## BIOGRAPHY

**Ellen Palmer is the CEO and Founder of Ellen Palmer Wellness, COO of Healing Meals Community Project, award-winning Certified Holistic Health Coach, and Creator of The Ideal Life Method.**

Through her personal and workplace wellness programs, Ellen has helped thousands of people to create and enjoy their ideal lives.

As a National Speaker, Ellen has presented keynotes and workshops at Google, Merrill Lynch, Wells Fargo, Pacific Life, University of Connecticut, Better Health Connecticut, Raw Food Institute, Munich Re, and other institutions and Fortune 500/1000 companies.

She has also presented at the Mental Health America 2019 Annual Conference, and was selected as a Top 100 Influencer at the Natural Products Expo East Influencer Summit in 2018.

Ellen enjoys living her ideal life in West Hartford, Connecticut.

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## BOOKING INFO:

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