

Carol Whitaker

Media Expert, Author, Motivational Speaker, Happiness Expert, Lifestyle Fitness & Life Coach, Mentor at Carol Whitaker, LLC

SLC, UT, US

Experienced, passionate and enthusiastic Motivational Speaker that ignites desire for change.

Biography

Carol Whitaker is the author of "Ridiculously Happy! The Secret to Manifesting the Life & Body of Your Dreams". Carol is a highly sought-after Motivational Coach Life Transformation Expert and Lifestyle Fitness Mentor; she is well-known for the amazing transformations she creates in her clients' lives. Carol is dedicated to empowering men and women around the world to love and believe in themselves to live a higher quality of life. Carol is an experienced Media Expert and Motivational Speaker; she is passionate about inspiring and encouraging her audiences to achieve unlimited success. Carol is an experienced Media Expert; she is a regular expert on ABC4 Good Things Utah and Boomers Rock! Radio. Carol is an ongoing featured expert on national media and online websites. Her health and fitness articles have been featured on DrLaur.com, GalTime.com and Hitched.com, to name a few. Her interviews can be heard on TV, radio, podcasts, teleconferences and webinars. As a powerful Motivational Speaker Carol entertains, empowers and enlightens her audiences by sharing her heartfelt, firsthand experiences of how she overcame chronic health issues to become all that she is today. Her gift of expressing how to become your very best is captivating and invigorating. Carol is happily married and a mother of three. Her family is her greatest accomplishment. She is also an avid equestrian. She lives life to the fullest and exudes joy and optimism in all that she does. She relaxes and renews by spending quality time with her family, exercising, horseback riding, serving others, reading and writing. To connect with Carol and learn about her life transformation services visit www.CarolWhitaker.com.

Availability

Keynote, Panelist, Workshop, Author Appearance, Corporate Training

Industry Expertise

Health and Wellness, Women, Fitness

Areas of Expertise

Empowerment, Spirituality, Body, Mind & Spirit, Motivation, Inspiration, Self Improvement, Goal Setting & Achieving, Health & Fitness, Love & Happiness

Affiliations

The Women's Network, CoZoso Radio , SheSouce.com: WMC Women's Media Center, ABC4 Good Things Utah, SpeakerMatch.com

Sample Talks

10 Beauty Tips to Look and Feel Your Best!

Taking time to look your best is life changing. Your outward appearance is a reflection of your self-image. Your body is a manifestation of your thoughts & feelings. When you look in the mirror do you have positive inner-dialog? If not, then it's time to learn to love & care for you as you were design to be. You can create the life & body of your dreams by balancing your body, mind & spirit to achieve your goals & dreams in all areas of your life. Dream Big Dreams, dreams do come true!

Motivational Speaking Topics

MOTIVATIONAL SPEAKING Specialties: Spirituality, Women's Needs, Body & Life Transformation, Wellness, Health & Fitness, Loving Marriage, Happiness Speaking Topics: ? Spirituality & Women's Needs ? Empowerment ? Motivation/Inspiration ? Body, Mind & Spirit ? Embracing a Healthy Lifestyle ? Happiness ? Relationships ? Self Esteem/Beauty ? Intention/Manifestation

Education

Utah Valley Community College
Business

Accomplishments

Freelance Writer/Blogger

I am passionate about writing about my specialties: health, happiness and body/mind/spirit connection.

Motivatoinal Speaker

MOTIVATIONAL SPEAKER Spirituality, Wellness Expert Speaking Topics: ? Spirituality ? Empowerment ? Motivation/Inspiration ? Body, Mind & Spirit ? Embracing a Healthy Lifestyle ? Happiness ? Relationships ? Self Esteem/Beauty ? Manifestation

Freelance Writer/Blogger

I am passionate about sharing my gifts and talent of health, happiness and body/mind/spirit connection. I have been a freelance writer and blogger for over 15 years.

Professional Fitness/Cover Model

I have been a fitness model for over 15 years. My images have been featured on magazine covers, in articles, on websites and in fitness and retail stores.

Garden Gate Home & Design, LLC

Founder of Garden Gate Homes, LLC a custom home construction company. We take pride in "Building Affordable Luxury".

Lifestyle Fitness Consultant & Coach

As a Lifestyle Fitness Consultant & Coach I specialize in online coaching for life & body transformations. I am passionate about assisting my client's to fully accomplish their goals & dreams. I teach how to live from spirit to become whole and complete. By balancing the body, mind and spirit life becomes more joyful, abundant and easier. I teach my clients how to fully embrace their true magnificence to be able to create the life & body of their dreams.

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