



JILL GINSBERG

Healthy. Wellthy. Wise (ass).

Author
Speaker
Health Coach
Corporate Wellness Champion

Wellness expert and author Jill Ginsberg combines her offbeat humor with her health and business training to teach busy people everywhere how to run their lives like a boss.

Ready to reclaim your health and achieve your highest potential?

A natural-born entertainer and sought-after speaker, Jill motivates and inspires audiences with her fun, no-holds-barred style and straight-shooting advice. Jill speaks at corporations, educational institutions, non-profits, writer and blogging conferences and entrepreneurial groups.

Expertise you can trust

Not only is Jill trained as a Certified Holistic Health Coach, she received a Bachelor of Arts in English and Creative Writing from The George Washington University and a Masters in Business Administration from the University of North Carolina Kenan-Flagler Business School. Jill's award-winning all-natural snack food company was formerly carried in over 7500 food stores nationwide and featured on The Rachael Ray Show, in SELF Magazine, and many other publications. She runs a successful health coaching practice in Seattle, WA.

Jill's unique coddling-free, humorous motivational style inspires time-starved professionals to stop making excuses and start making change.

"Jill was absolutely wonderful to work with. She came prepared with a variety of different topics and themes that were directly relevant to the goals of our group. When I couldn't pick just one topic (because they were all so good!) she created a hybrid workshop that perfectly addressed all the topics that we wanted covered."

- L. Kent, University of Washington



Book Jill for your health and wellness event today! (206) 617-3337
Jill@JillGinsberg.com



POPULAR TOPICS (more online!)

Run Your Life Like A Boss

How Thinking Like A Manager Can Help You Take Charge Of Your Health ... And Everything Else.

You Are A SMARTy-Pants

How to create winning wellness goals so you can set yourself up for success, start taking action, and improve your performance in and out of the office.

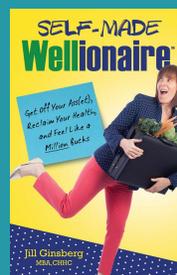
A Wealth of Energy

How To Leave The Land of The Living Dead And Wake Up To The Possibilities.

www.JillGinsberg.com

Jill's first book, *Self-Made Wellionaire: Get Off Your Ass(et), Reclaim Your Health and Feel Like a Million Bucks*, proves that anyone can be the boss of their health. Jill's book and events have taught thousands that nothing is more empowering than feeling good--and nothing feels better than laughing your ass(et) off while getting it done.

Start reading for free: www.JillGinsberg.com/thebook



Private coaching:

JillGinsberg.com/coaching

Public speaking:

JillGinsberg.com/speaking

Corporate workshops:

JillGinsberg.com/corporate-wellness