



Kathy GREGORY

CERTIFICATIONS

- IIN Certified Integrative Health Coach
- Certified Well-Being Leader
- Certified Diabetes Prevention Coach
- Certified Working Genius Facilitator

WHAT CLIENTS ARE SAYING

"Kathy gets to the root of wellness (mind, body, spirit) in relatable ways that stir your senses to evaluate your state of mind, body and spirit. She meets you where you're at and provides practical tips so that goals can become habits...." – Team Leader

"I was looking for overall improvement from stress, burnout, smoking, and my diet. I was recommended to Kathy and I never looked back. Kathy is an astute listener and provides the exact feedback, techniques and follow up for every area of improvement I was looking for. Kathy is very interactive and attentive. Kathy truly cares about the individuals she works with. I have not met another like Kathy Gregory in the profession of coaches and would highly recommend her." – Construction Project Manager

MY TOP 5 VALUES:

Well-Being, Service, Integrity, Growth, and Empowerment

FUN FACT

I'm addicted to running 5k's. My husband and I run at least 1 per month.



WELLNESS COACH

Since 2013, I have been on a mission to transform my own health and empower others to do the same. As a certified wellness coach and educator since 2017, I specialize in designing engaging, accessible programs that help individuals and organizations cultivate sustainable health habits. With expertise in diabetes prevention, fitness, nutrition, and behavior change, I bridge the gap between knowledge and action - equipping people with practical tools to achieve lasting well-being. My approach is grounded in simplicity, effectiveness, and real-world application, ensuring that wellness is achievable for everyone. I have worked with diverse groups, including senior living communities and corporate teams, providing interactive workshops and evidence-based strategies that inspire action. My passion lies in making health education both impactful and approachable, fostering environments where lifelong well-being thrives. When I'm not coaching, you can find me running, playing with my granddaughters, and continuously exploring ways to optimize health and performance.

LIFE QUOTE/MANTRA

"If you want to go fast, go alone. If you want to go far, go together." – African Proverb

