



EQUIBALANCE
HEALTH

CAROLINA MARRELLI

HOLISTIC HEALTH & LIFESTYLE COACH

Corporate Wellness Speaker | Wellness Incentive Partner

C: +1 305 321 8414 | E: Carolina@EquiBalanceHealth.com

CORPORATE HEALTH COACHING

Studies show that our nutritional choices and health status impact productivity and job performance. Poor focus, low energy, and sickness can hurt how your team operates. Carolina coaches teams and individuals to improve how they show up for work through their nutrition and health.

Her mission is to help people take back control of their health, have the energy to not only perform better at work, but also do the things that they love. Her signature corporate topics focus on teaching health and nutrition concepts that improve mental clarity for productivity and peak performance.

BIOGRAPHY

Carolina Marrelli is the founder of EquiBalance Health, LLC. She is a certified Holistic Health and Lifestyle Coach who supports organizations through corporate workshops, wellness incentive programs, and team health coaching.

Carolina has been a featured speaker and partner with local and national organizations including El Dorado Furniture, Global Business Lending and True Smiles.

Make the smart business decision to invest in your employees' health and nutrition. Healthy employees are happy employees.



SPEAKING TOPICS

WELLNESS FOR THE WIN

Learn the key to beating burnout, overwhelm, and stress. Carolina teaches her "Energy Rx Method" to improve energy levels and increase personal and professional performance.

EATING FOR ENERGY AND PRODUCTIVITY

In today's work world, it's very easy to work straight through a lunch break in order to "get more done." The problem is, without proper fuel - or the right fuel - in the tank, you are not nearly as productive as you could be. In the "Eating for Energy and Productivity" workshop, you and your employees will learn to ditch the foods that literally slow you down, leaving you feeling bloated and "blah." Instead, you'll learn how to eat in a way that will boost your health and keep your energy running high throughout the day - all without expensive energy drinks and endless pots of coffee.

MANAGING STRESS TO IMPROVE JOB PERFORMANCE

Everyone knows that when your body is under stress it doesn't work as well. Brain fog, difficulty prioritizing, and missing deadlines are all signs that stress may be affecting your team. Carolina teaches actionable steps to reduce stress in your personal and professional life to get you back on target.

TESTIMONIALS

"As an Employee Benefits Consultant, I have worked with corporate clients for the last 25 years...I have received the best feedback from my clients and their employees from Carolina's presentations. Her hands-on approach and fun use of visuals make her presentations fun and memorable."

- Inez Romaguera, President of Strategic Benefits

"Carolina had everyone's full attention as she led us through 'Wellness for the Win!' It was one of our best programs!"

- David Cauble, Founder of Network Charlotte

"Carolina's content extends beyond informative, to actionable. It makes you realize that you can approach something big like total wellness, through incremental steps, in a way that isn't so daunting. I Love her mix of humor, insight and tangible value.

Can't wait for more!"

- Brook Bock, CEO

"In our one-hour session, Carolina brought us to a new sense of holistic consciousness that we hope to continue."

- Tiffany Knowles, Managing Partner of Global Business Lending