



CAROLINA MARRELLI

HOLISTIC HEALTH & LIFESTYLE COACH

"Purpose-Driven Wellness From A Faith-Based Perspective"

Christian Wellness Speaker | Women's Ministry Speaker

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ARE YOUR CHURCH MEMBERS THRIVING?

God put each one of us on this earth with a God-given calling and purpose. But how do you fulfill God's calling on your life and live out that purpose if you aren't feeling your best? How do you glorify God with your gifts or give of yourself in service to others when you are stressed to the max, don't feel your best, have very little energy and are possibly dealing with nagging (and preventable) health concerns? You don't.

3 John 1:2 says, *"I pray that in all respects you may prosper and be in good health, just as your soul prospers."* The Church needs its people to be healthy. Why? Because this mission field of a world needs us to be! How can we possibly fight the good fight of faith or be the salt and light Jesus commanded us to be when we are struggling to just get through the day physically or emotionally?

BIOGRAPHY

Carolina Marrelli is the founder of EquiBalance Health, LLC. A devout Christian and a certified Holistic Health + Lifestyle Coach who supports organizations --- both sacred and secular --- through keynote talks, workshops and team health coaching.

Carolina has been a featured speaker (and worship leader) in a variety of churches up and down the east coast - both Protestant and Catholic alike - for over 15+ years. She has had the honor of ministering in various churches and ministries such as The International House of Prayer, The Miami Vineyard, Doral Vineyard, Lakeland Vineyard, New Thing Fellowship, Saint Louis Catholic Church, Epiphany Catholic Church, the Morningstar Renewal Center, Christian Healing Ministries, Burning Heart Ministries, Grace Fellowship Baltimore and more.

Her mission is to empower the Christian woman to fulfill her calling in life by teaching her how to have a foundation of vibrant health and all the energy she needs to do the things she loves - which more often than not is exactly what God called her to do in life!

KEYNOTE SPEAKING TOPICS

WOMEN, WELLNESS & WORSHIP

Learn the keys to beating burnout, overwhelm, and stress from a Biblical perspective. Carolina teaches her "Energy Rx Method" to improve both health and energy levels so you can show up at your best in all areas of life.

PRESSED FOR A PURPOSE

Life's pressures can often feel overwhelming, yet they are not without purpose. In this talk, we will explore how God uses challenges to shape us into His image and prepare us for the calling on our life. Drawing on both Biblical principles and personal stories, this inspiring talk offers encouragement and practical strategies to help you transform trials into opportunities for growth, and embrace the purpose behind the pressing.

SPIRIT-LED LIFE MANAGEMENT

In this talk, we'll dive deep into aligning your life with the wisdom and guidance of the Holy Spirit. You'll learn practical tools to integrate faith into every aspect of life, from family and work to health and personal growth. You'll leave inspired to live with greater purpose, passion, and with a heart attuned to the Lord's direction for a more fulfilling, God-centered life.

TESTIMONIALS

"Carolina speaks straight from the heart. What she says grabs you and makes you think deeply about things that really matter. She doesn't sugar coat the truth she shares, yet you never feel condemned - you feel inspired."

- Sandy Walker | Vineyard Church + Spiritual Life Coach

"I led retreats at our church for 6 years and I feel blessed to have been able to witness Carolina share with our community. She is the most engaging, energetic and thoughtful speaker that I have heard!"

- Margie Suarez | Epiphany Catholic Church

"Carolina has proven to be a faithful servant of God's heart and Word, both in worship-leading and in public speaking/preaching. She is an anointed messenger of Jesus and has a special gift of connecting with her audience through her honesty, transparency, and personal history with Jesus. She has a gift for connecting with others and exudes a joy and zest for life, family, and all of the Lord's blessings."

-Pastor David Futrell | International House of Prayer-Miami

"Carolina has the ability to excite a room and empowers others to be the best version of themselves inside and out. Spiritual health is her focus without forgetting the importance of physical and emotional health as well."

- Pastors Russel and Kerry Black | New Thing Fellowship & Latin Impact Ministries