

RAEWYN GUERRERO

The Gutsy Executive Coach

Author | Speaker | Functional Health Coach | CBT Hypnotherapist



ABOUT ME

Raewyn guides high-performing women to accelerate their personal and professional growth by getting them to slow down and reconnect with their bodies through nutrition, and their minds through visualization and deep reflection.

She has first hand experience from her own burnout, and decades of hustle which began 22 years ago when she left Trinidad, arriving in London with £800 to her name, slept on couches, and worked 3 jobs while going to University to study Psychology.

She then created and led a Corporate Wellness Program at a multi national bank in London from 2011 - 2016 before starting her own virtual functional medicine practice and corporate wellness consultancy, designed to optimize the health of individuals and organizations.

Today, she's trained in Functional Diagnostic Nutrition, Functional Medicine Health Coaching, Nutrigenomics, CBT Hypnotherapy, HypnoBirthing, Single Session Smoking Cessation and Positive Psychology. She recently became an international best-selling author.

The wrong Raewyn is trying to right is disempowerment and the belief that:

1. Sickness is normal
2. Aging is inevitable
3. Pharmaceuticals equal health

The hope for the future is that the future of medicine is a combination of personalized nutrition and mindset mastery.

Raewyn's work has evolved from working with Anxiety, Burnout and IBS to showing women what is possible for them through the power of the mind. Her mission is to awaken everyone she meets to the innate wisdom of the body to heal itself once it's given what it needs. Because when you get the body right, the brain follows. When you get the brain right, the mind follows.

After 5 years as a digital nomad, she now lives in the mountains of Southern California, coaching, writing and leading meditation.

SPEAKING TOPICS

- Positive Reset
- Aging is Optional
- Become the CEO of Your Health
- The Biology of Stress
- Eat Right for Your Metabolic Type
- Employee to Digital Nomad / Entrepreneur
- Heal Your Gut, Heal Your Life
- Lemons to Lemonade
- Sleep Better, Stress Less

CONNECT



Raewyn@gutsyexecutivecoach.com



@gutsyexecutivecoach



@gutsyexecutivecoach

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gutsyexecutivecoach.com