



MISFIT WELLNESS

ELIZABETH O'CARROLL | FOUNDER
HEALTH COACH | SPEAKER | CONSULTANT

SERVICES

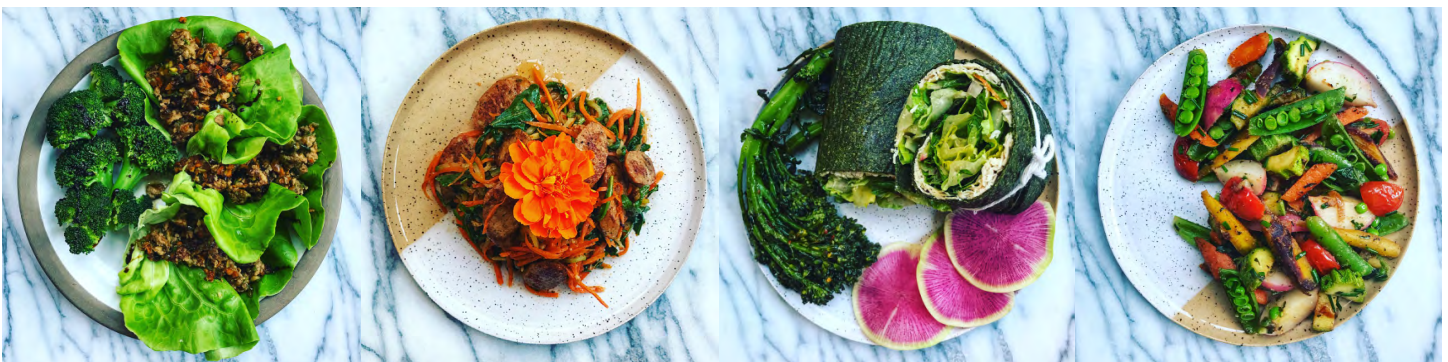
- CORPORATE CONSULTING
- PUBLIC SPEAKING
- WORKSHOPS
- ONE-ON-ONE COACHING
- GROUP COACHING

MISFITWELL.COM
 m: 415-810-3050
 eocarrollm@gmail.com

Liz O'Carroll is a speaker, consultant, women's health advocate, certified holistic health coach, and founder of Misfit Wellness, a platform dedicated to **making nutrition and a healthy lifestyle feel approachable and sustainable**. Her mission is to make people feel less alone and ashamed and more empowered and supported on their mental and physical health journeys. She is deeply passionate about exposing people to the transformative power of the holistic and integrated approach to wellness that changed her life. Through corporate consulting, public speaking, health coaching and a multi channel platform, **Liz provides tools and resources that simplify and streamline the path to optimal mental and physical health.**

The foundation of Liz's work with both individual and corporate clients is a deep level of **compassion, empathy and humor** that brings people together, moves them forward and helps them heal. She collaborates with clients to **create a shared experience around health and healing by providing the resources, support and sense of community** often missing in our health journeys.

Liz's clients include Airbnb, Twitter, Yelp!, Dropbox, Uber, Classpass, Glassdoor, Athleta, BlueJeans, Blend, ModCloth, Clover Health, Affirm, Tophatter, Bell Investment Advisors and many more. She has been featured in Health Magazine, Thrive Global, Psychology Today and a variety of other national publications.



Mental Health
 Stress Management
 Mindfulness

Nutrition
 Gut Health
 Food Allergies & Sensitivities

Relationship with Food & Body
 Self Love & Care
 Hormone Balance

elizabeth-ocarroll

@misfitwellness

@misfitwellness