



Karen Shopoff Roof

Women's Wellness Warrior

www.balancepft.com
www.runningonbalance.com
karen@balancepft.com
512.569.3965

Karen teaches in a way that finally makes sense to me. She's a real person, so she gets how hard it is to balance everything.

-JVM, Ph.D



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Speaking Topics

Harness Your Perimenopause Power

Flip the script on menopause by learning some everyday hacks to not just survive but thrive in life after 40.

Self-Care: Beyond the Bathtub

Think beyond bubble baths and massages to a life where self-care is systems of support that nurture you every day.

Fit in Fitness: A Busy Person's Guide

"I have no time to exercise!" It's a common refrain, but it's just not true! Use these proven strategies to work meaningful movement into your day.

Bio

With ten years' experience in women's fitness & wellness, Coach Karen knows what real women need to build a healthy lifestyle.

Karen holds numerous nationally-recognized certifications in women's fitness, health, and wellness coaching. She is a former college professor and avid life-long learner.

Recent Speaking Engagements:

Podcast/Webinar Guest: Type A Tribe, Life Around the Coffee Cup, Lose the Cape, Passion to Prosperity, Running Rogue, Mamacare Birth Summit

Soma Vida, Launch Wellness, Lamar Interactive, Notre Dame WomenConnect

Plaid for Women #nomeangirls National Conference (September 2018)

Type A National Conference (September 2018)

Offerings

1 hour workshop

Any of the above topics, with time for Q&A for your audience

\$150-\$200

Keynote address

Relevant women's wellness topics with empowering anecdotes

\$250-\$350

Half day seminar

Multi-session event focusing on sustainable healthy habit practices

\$500 - \$750

Full day seminar

Speaking, workshop facilitation, and movement sessions

\$1000-\$1250