



# CLAUDIA SPAHR

AUTHOR | SPEAKER  
LEADERSHIP MENTOR  
WELLNESS PIONEER  
FOUNDER HOLYMAMA

AS SEEN IN PSYCHOLOGIES MAG, GUARDIAN, TELEGRAPH

BBC, CNN, HUFFINGTON POST, HAPPINEZ MAG, AND:

## PERSONAL PROFILE

- Award-Winning Health and Wellness Expert
- Four times international bestselling author
- 15 years leading retreats
- HolyMama Retreat Leader Certification, trained leaders in over 20 countries
- Mother of three children, all conceived after 40
- Former Broadcast Journalist, over a decade presenting TV and Radio

"Claudia speaks from her heart and thinks outside the box to reframe traditional approaches with a feminine gaze and British humour. She masters virtual, as well as hybrid and live events"



[www.holymama.info](http://www.holymama.info)  
[www.claudiaspahr.com](http://www.claudiaspahr.com)  
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### SIGNATURE TALKS:

WHY AND HOW WE NEED MORE FEMININE LEADERS

QUANTUM LOVEFIELD LEADERSHIP

PUT MAMA IN THE CENTRE

WELLNESS IS THE CURRENCY NOW

### OTHER DISCUSSION TOPICS AND SKILLS:

FERTILITY/ FERTILE AT ANY AGE  
RETREATS AND TRANSFORMATION  
MANAGING THE MOTHERLOAD AND WORK  
SPECIAL NEEDS - INCLUSION - DIVERSITY  
SAFE SPACES FOR WOMEN & CHILDREN

MULTI-LINGUIST (ENG, ES, DE, FR)  
FESTIVAL PRESENTER, MC AND HOST