

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"

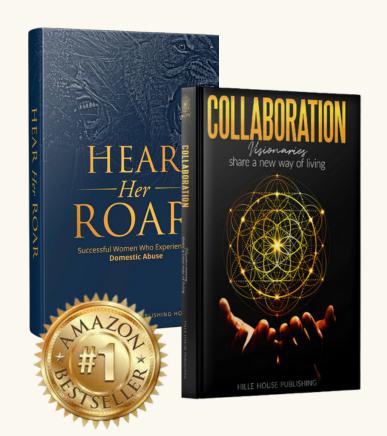
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CLAUDIA SPAHR

AUTHOR | SPEAKER LEADERSHIP MENTOR WELLNESS PIONEER FOUNDER HOLYMAMA

AS SEEN IN PSYCHOLOGIES MAG, GUARDIAN, TELEGRAPH

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





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