

## About the Author

### SHORT

Amanda Bigelow is a certified health coach and behavior change specialist who works with high-achieving women, helping them to create abundant energy, healthy bodies and inspired, productive lives. Amanda lives in Brisbane, Australia and works with women throughout Australia and internationally. [www.amandabigelow.com](http://www.amandabigelow.com).

### LONG

Amanda Bigelow is an Integrative Nutrition health coach and behavior change specialist. She holds a Bachelor of Applied Science and was awarded a Winston Churchill Fellowship for her work with Indigenous Australians.

Amanda works with high-achieving women and is passionate about helping them to create abundant energy, healthy bodies and inspired, productive lives. Drawing from her own health journey, she uses a five-step health framework that enables women to get their energy back, exercise in a way their body loves, create a powerful mindset, tap into their spiritual wellbeing, and take their life to a whole new level.

Before becoming a health coach, Amanda had a successful career as a CEO for environmental companies, and as an environmental adviser working with local communities, governments and businesses in Australia and internationally. She has supported people all around the world to build a healthier planet through restoring rivers, soil, and managing their lands sustainably.

Amanda is an experienced public speaker who draws on both her health and environmental knowledge to craft a new vision for our 21<sup>st</sup> Century lives. She lectures on a range of health related topics including: digestive health and nutrition, stress and anxiety, lifestyle diseases, sleep, and creating an inspired and energised life. She also speaks about the important role that women play in our society today and the benefits of nature for our wellbeing.

As a result of her insight and practical step-by-step method for helping women with their health challenges, Amanda has often been referred to as the 'Dr House' of the health coaching world.

If you are looking for a compassionate and knowledgeable health professional who can help you to navigate the pathway from where you are today to where you dream of being, Amanda is that person.

For more information about Amanda's five-step health framework and one-on one health consultations, visit: [www.amandabigelow.com](http://www.amandabigelow.com)

Alternatively, you can contact Amanda directly by email on: [ab@amandabigelow.com](mailto:ab@amandabigelow.com)