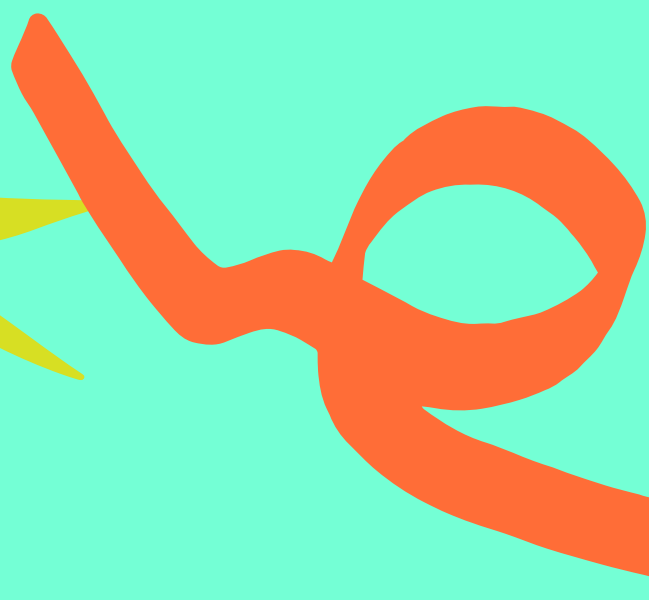
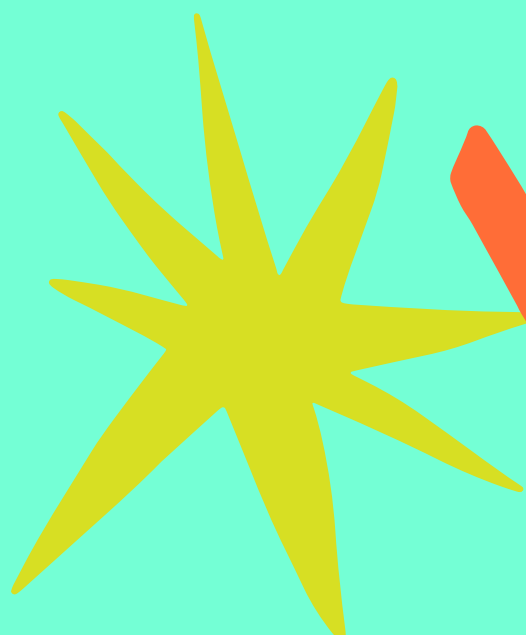




Corey completely changed my perspective of a wellness coach. She has been able to guide me thru this period of my life when I mostly needed a person to be able to go to, someone who could keep me accountable of my personal goals and someone that could listen to me and advise me in a friendly manner. She never told me that I had to do anything, all was results of my own conclusions, she only provided suggestions. In other words, she helped me find my answers, and that made it easier for me to accomplish because I was doing what I knew that I could without feeling that I was obligated to. We always went over our last conversation and reviewed the goals and discuss how it was working for me and if there was a need to stick with it or make changes. I am so glad that I decided to take coaching with Corey, and I recommend that if you want to start making changes you should start by setting up a meeting with her. Before I started meeting with Corey I use to walk very little, like about 10 to 20 minutes two times a week, now I can say that it's a lifestyle. Now I walk between 8-10 thousand steps a day. I exercise 30 minutes every day and I have got use to eating healthier. **I started at 189 pounds and 1 year after I am at 175.** Thanks Corey!

~Celia de Ogilvie



Positive vibes



In January, Corey and I discussed a specific weight loss goal for spring . Typically, I shy away from coming up with a specific loss by a certain time but with encouragement from Corey, I made one. Having the accountability, and just discussing it with Corey made such a difference. With my 3 month goal set, I also had my weekly goals. These were tracking what I ate daily, attending my ww meetings weekly, exercise routines, and meetings with Corey. I am excited to say that I met my goal, and lost my 15lbs and i feel great. Corey is easy to talk to and she gets it! I would highly recommend working with her.

~Holly Willis

LET'S CELEBRATE!



I have always been committed to my physical health, but what Health Coaching with Corey offered me was focus on more than my physical health. With a new baby along and two other children at home, I was not sleeping and I had put my own interests aside which tends to have a negative impact on a person's mental and emotional health. Corey helped me think of creative approaches so I could get more sleep and also incorporate personal interests into my schedule. A lot of people think health coaching focuses just on physical health and losing weight, but it is much more than that; it is whole person health. Working with Corey as a health coach was instrumental in my recovery from post-partum depression and the improvement in my emotional and mental health..

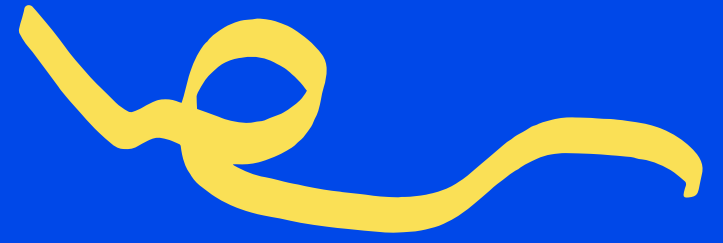
~Living my Best Life

SLAY THE DAY!

New Year,
New me!

The Best is Yet to Come!

WATCH ME WHILE I WORK



Many coaches want to specialize in just one arena. They can help you get your body right, or they can guide you to where you need to go mentally or spiritually, this is not the case with Corey. Being a wife, mother of 4 as well as a full-time Airmen it can sometimes get a bit overwhelming. Without a doubt as a wellness coach as well as a friend, she has kept me on track over the years. Corey is def a God send and someone you would want in your corner. Without any hesitation I would recommend her to any and everyone.

~MSgt Angela P. Baker-Creary





After being sick and having to be on steroid packs for 3 months I gained 20 pounds. No matter what I tried diet or exercise I couldn't drop the weight and put on even more weight. I would only loose 2-3 pounds and it came right back. I lost my motivation to even try and the longer I went the harder it was to start back. I would make a plan to start this diet or that diet 1st thing Monday morning but just couldn't. Along came wellness coach Corey Roman! She not only helped me find my motivation but provided motivation all around. From group chats with women who faced same issues as me (work/kids/life), daily devotional/motivational quotes, daily goals, accountability checks and I could go on and on. She made it ok to not reach a daily goal in it's entirety but showed me how to pat myself on the back for what I was able to accomplish that day. With Corey's "can do" attitude, support, and guidance I'm happy to report I'm down 20 pounds in 3 months!!! Her whole person approach implementing mind, body, and spirit has worked wonders for me and I'm still working on not just weight loss goals for health reasons but also mind and spirit which Corey has shown also plays a major part in being healthy. Thank you health coach Corey! You're my shero! I am looking forward to Moms on the Move! ~Desiree Crump

TOGETHER WE SLAY!

LAST YEAR I WAS A FOCUSED WARRIOR OR AT LEAST I THOUGHT I WAS WITH THE HELP OF COREY ROMAN. WE TALKED ABOUT MY GOALS AND DESIRES AND WHAT PLAN TO PUT INTO ACTION. THIS INCLUDED WEEKLY MEETINGS (WHICH WAS AT MY REQUEST FOR ACCOUNTABILITY) AND I AIN'T GONNA LIE IT WAS WAY MORE THAN THAT PER WEEK BECAUSE I AM A TALKER AND WOULD JUST REACH OUT AND SHE WAS ALWAYS THERE, NO MATTER WHAT. SHE ALWAYS OFFERED SUGGESTIONS AND TRYING TO GET TO THE ROOT ANALYSIS OF EITHER MY SUCCESS OR MINOR SET BACK FOR THE WEEK. A PLAN WAS PUT INTO MOTION THAT I FELT THAT I COULD ADHERE TO AND ON MY WAY I WENT FOR THE WEEK. WELL, LIFE HAPPENS AND I REALIZED MYSELF THAT I WAS NOT GOING TO MEET MY GOALS AND STARTED TO PUT HER OFF AND ALWAYS HAD AN EXCUSE. I GUESS I DID NOT HAVE THE GUTS TO SAY "I AM FAILING" . COREY WAS ABLE TO HAVE THE "REAL TALK" CONVERSATION FOR ME TO PUT MY WAY OF THINKING INTO PERSPECTIVE. I WAS ABLE TO DO A LITTLE MORE SOUL SEARCHING AND REDEFINE MY GOALS WITH HER HELP TO REALIZE THAT IT WAS NOT JUST ABOUT LOSING X AMOUNT OF POUNDS BY THIS CERTAIN DATE THAT HAD TO BE MY GOAL. UPON DIGGING A LITTLE DEEPER WE CAME TO THE CONCLUSION IT WAS NOT ABOUT THE NUMBER ON THE SCALE THAT I WANTED TO FOCUS ON BUT RATHER SHIFT TO A MINDSET AND HOW MY CLOTHES ARE FEELING. ONCE I ACCEPTED THIS NEW WAY OF THINKING I BEGAN TO BE MORE AT EASE AND WAS NOT AFRAID OF LOOKING AT THE GOAL IF I MET IT FOR THE WEEK OR WAS I CONTINUING TO FAIL. I ALSO LEARNED FROM COREY THAT MAKING AND SETTING GOALS DOES NOT HAVE TO BE DEFINED BY A CERTAIN DATE, IT IS A WORK IN PROGRESS AND I FELT BETTER LOOKING AT IT THAT WAY. WITH THE HEALTH COACHING FROM COREY FOR OVER A YEAR I FEEL THAT SHE HAS INSTILLED IN ME CORE VALUES AND A MINDSET THAT I WILL BE ABLE TO RECIPROCATATE TO CONTINUE TO GUIDE MYSELF ALONG IN MY WELLNESS JOURNEY.

SO MUCH APPRECIATION FOR YOUR GUIDANCE COREY!

~TREVA



I GOT THIS!



Through benefits of my job, I've been working with a dietician for about a year now! I've learned the importance of what to put in my body and what I needed to do, workout wise to get in shape. However I still wasn't losing as much as I thought I would so when an opportunity presented itself to work with Corey with a Holistic approach to wellness, I jumped at the first opportunity! She taught me that the mind matters too! I started to journal and started to self-reflect with small gratitude exercises. I started to really change my attitude and perspective about wellness! There is power in your mind, your thoughts and what you choose to give energy to. I was able to refocus and slowly but surely, the scale started to show the rhesults of my efforts. Who knew?! She did and I'm so thankful!.

Tomika Butler



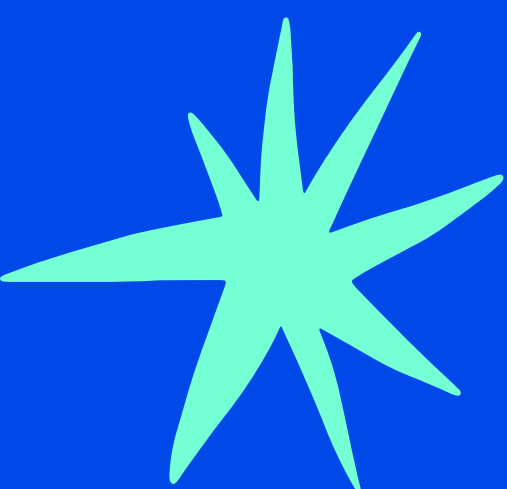
celebrate





I've had the opportunity to work with Corey in multiple capacities and have been blown away by not only her dedication and focus, but the passion and positivity she adds to everything she is involved in. Corey is the kind of woman you want in your corner as she makes magic happen for herself and for others. If you are looking to add some standout talent and class to your next project, I highly recommend investing in Corey.

~TARYN JEREZ Creative Business Coach + Industry Speaker
One Crafty Miss, LLC



Focus





Working with Mrs. Corey has been a blessing. She makes sure she listens and tries to understand exactly what my needs are and to help me achieve them. First, she gives you a questionnaire. Which I think is help because it gives her a little bit of a background to knowing what you've tried and maybe why it hasn't fully worked or maybe what was missing. Talking with her every week on a constant schedule has made sure that I held myself accountable. It started off a little struggle because I was trying to find balance but once Corey help me target times and days it was easier. Working with Corey helps you understand that health is wealth and being active is necessary. Any movement is better than none and that is what I take from being coached by Corey and you should too. I will continue to hold myself account during this pandemic and beyond having talks with Corey. Since I started, I feel better and look better and she can help you too

~Ashley Upchurch



Make it happen!

YOU CAN DO IT TOO!