ABBIE STASIOR

MEDIA KIT

2021

hey y'all, I'm Abbie...

HEALTH & LIFE COACH

I'M A HAPPY-GO-LUCKY COLUMBIA UNIVERSITY GRADUATE STUDENT AND REGISTERED DIETITIAN IN THE MAKING! WHEN I'M NOT STUDYING OR WORKING OUT YOU CAN CATCH ME WATCHING THE BACHELORETTE (WITH A GLASS OF RED WINE, OF COURSE) OR ON INSTAGRAM & TIKTOK SHARING MY OWN DATING TIPS!

I AM PASSIONATE ABOUT SUSTAINABLE HEALTHY LIVING. I GUIDE OTHERS TO LEVERAGE THEIR FOUNDATION OF HEALTHY HABITS, PRODUCTIVITY, AND OPTIMISM IN ORDER TO LIVE A BETTER, MORE ABUNDANT LIFE. THIS MEDIA KIT WILL GIVE YOU ALL THE DETAILS ABOUT MY BUSINESS SO YOU CAN HAVE A CLEAR VISION OF MY STORY, WHAT I DO, WHAT I STAND FOR, AND HOW I MAKE THINGS HAPPEN.

I'M CURRENTLY WORKING WITH HUNDREDS OF NATIONAL AND INTERNATIONAL CLIENTS AND SERVING AN AUDIENCE OF OVER 35,000 FANS AND FOLLOWERS ON SOCIAL MEDIA. MY MISSION IS TO HELP MILLIONS OF PEOPLE DISCOVER WHAT TRUE VITALITY FEELS LIKE. I AM A FIRM BELIEVER THAT WE CANNOT MAKE LASTING AND MEANINGFUL CHANGE FOR OUR LIVES OR OUR HEALTH SINGLE-HANDEDLY.

SOME OF MY FAVORITE MEDIA APPEARANCES INCLUDE BEING INTERVIEWED ON "MEDIUM," "LIFE CHANGER PODCAST," "SHE PERSISTED PODCAST," AND SPEAKING AT THE "SHE RISES IN THE MEDIA ONLINE CONFERENCE" IN JULY 2020. I CAN'T WAIT TO HEAR YOUR VISION AND YOUR IDEAS OF HOW YOU'D LIKE US TO COLLABORATE. I'M EXCITED TO POTENTIALLY WORK WITH YOU AND YOUR COMPANY, AND IMPACT YOUR AUDIENCE. MOST OF ALL, I'M GRATEFUL THAT YOU SAW SOMETHING IN ME THAT INSPIRED YOU TO REACH OUT! LET'S DO THIS Y'ALL!

@ABBIE.STASIOR

SEARCH GROUP:
BE ABOUT BEING
BETTER WITH ABBIE

@ABBIE.STASIOR

https://beaboutbeingbetter.mykajabi.com

STORY OF BE ABOUT BEING BETTER

I founded Be About Being Better two years ago after interning at a primary care office and realizing the health industry is not focused on proactive health. *Managing* chronic conditions wasn't aligning for me. I wanted to **PREVENT** chronic health conditions from happening in the first place!

Be About Being Better LLC is built on a foundation of accountability, blueprints, and community — what I've coined as the **ABC's of Better Living**. My larger mission is to help people mitigate their risk for developing chronic health conditions. I do this by helping people make small lifestyle changes in order to create a sustainable foundation for their health; which enables clients to live a more vibrant and successful life.

SOCIAL MEDIA STATISTICS

14.3K	35.8K	10K
INSTAGRAM FOLLOWERS	**TikTok FOLLOWERS**	**EMAIL SUBSCRIBERS**

750K IMPRESSIONS	1.1K PRIVATE GROUP	28K MONTHLY VIEWS	4,000 FRIENDS

FOR BOOKINGS/PR CONTACT:

beaboutbeingbetter@gmail.com

Seeking Media Opportunities:

- Podcasts
- Speaking Gigs
- TV Interviews/Talk Shows
- Magazine Covers/Spreads
- Blog Features

Signature Talks:

- Maximizing Your Hormones to Optimize the Vibrancy of your Healthy Lifestyle
- How To Be Healthy When You're *Really* Busy
- How To Maintain a Consistent Healthy Lifestyle
- How To Be Healthy & Social

Testimonials:

"Abbie was a Speaker at my 'She Rises in the Media' Online Conference in July 2020 and I can truly say that she shined brightly in our Conference. I totally recommend hiring Abbie, as you'll completely love working with her."

-Queen Chioma Nworgu

Let's team up!

SOME FUN FACTS ABOUT ME...

- MY RED HAIR IS NATURAL
- I TRAINED IN CLASSICAL BALLET FOR 14 YEARS, WENT TO COLLEGE FOR DANCE, & THEN SWITCHED MY MAJOR TO NEUROSCIENCE
- I HATE PIZZA (I PREFER TO EAT FOODS WITH A FORK & KNIFE)
- I LOVE TO PLAY GOLF AND CAN DRIVE 180 YARDS
- I WILL TRY *ANYTHING* MATCHA OR CHAI
- I'M AN OVERACHIEVER EVERY DAY OF THE WEEK
- MY MOOD IS AS GOOD AS MY HAIR LOOKS
- I HAVE DANCE PARTIES TO RE-ENERGIZE IN BETWEEN CALLS WITH CLIENTS
- I START EACH DAY CONNECTING WITH MY FAITH THROUGH DEVOTIONALS
- JOURNALING EACH MORNING IS A NON-NEGOTIABLE FOR ME
- I THINK THIN MINTS ARE THE SUPERIOR GIRL SCOUT COOKIE (FACT NOT DEBATE)
- I DON'T BELIEVE IN GHOSTING PEOPLE (I WILL ALWAYS SEND A RESPECTFUL EXIT TEXT TO THE MEN I'M DATING IF IT'S NOT A GOOD FIT)
- I LOVE MAKING PEOPLE LAUGH
- I BELIEVE THAT OUR POWER IS IN "THE PAUSE" (NOT JUST IN SALES BUT IN LIFE, WE NEED TO TAKE MORE BREAKS TO BE SUCCESSFUL)

How To Book

LET'S DO THIS!

All events and collaborations are scheduled on a first come, first serve basis.

To collaborate, please email me and include the opportunity, your website, and what you envision for the collaboration!

Please allow 5-7 business days for a reply. I'm so excited to team up with you and work together!

AS SEEN IN...

THRIVE GLOBAL

Medium

FEATURED ON LADYBOSSBLOGGER

JOIN MAYSHAD
FOR WOMEN'S DEVELOPMENT

NUTRITION NEWSLETTER
THE GRAPEVINE
TEACHERS COLLEGE, COLUMBIA UNIVERSITY

BEABOUTBEINGBETTER@GMAIL.COM

HTTPS://BEABOUTBEINGBETTER.MYKAJABI.COM