

Carrie Koziol

WOMEN'S HEALTH PHYSICAL THERAPIST | PILATES SPECIALIST | PUBERTY/MENOPAUSE COACH

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Carrie's passion is empowering and educating women about their bodies. She specializes in tackling taboo topics with a blend of humor, expertise, and practical tips that women are able to use right away to start moving their bodies better. A Women's Health Physical Therapist and experienced public speaker, she has spoken in front of large audiences in convention centers, intimate groups in living rooms, and virtually as a guest on several popular podcasts delivering messages to remind women that their bodies are temples and should be celebrated for all they can accomplish.

She is a mother of three who understands what it is like to juggle motherhood run a household, and manage a career while striving to remain fit and well. She is excited to share simple ways to infuse more nutritional movement into your daily life without adding more stress.



Carrie is incredibly knowledgeable about women's health issues and her presentation was so informative. Not only that, but she's a gifted teacher who makes a sensitive and complicated topic easy to understand, comfortable, and even fun to talk about! She went above and beyond to answer questions and make everyone feel empowered to take the next steps in their health. I cannot recommend her highly enough! - Sarah Hauser

"All of the feedback after your talk was, 'Wow, I was surprised because I didn't have an idea coming in exactly what to expect, but I'm so glad I came and learned so much.' The knowledge you have needs to be shared as it will give women power, and there's nothing I love more than a powerful woman." - Molly Evans



SPEAKING TOPICS

Vagina Owners Manual

Periods Demystified

Diastasis Rectus Abdominus

Let's Talk About Sex (after) Baby

How to Birth Your Baby Like a Boss

The Pregnant Pelvic Floor: Check Yourself Before You Wreck Yourself

Pain Prevention Strategies in Pregnancy, Birth, and Beyond

The 3 Bs of Postpartum Recovery

Your Post Birth (NON Boot Camp) Recovery Plan

Powering through Perimenopause

Failproof Fitness for Females after Forty

Let's Talk About Sex after Fifty

A Few Truths About Sex for Parents of Tweens and Teens

Learn more and read detailed descriptions of each topic at
www.carriekoziol.com/speaking

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