



ALLISON ROSE JACKSON

*Keynote Speaker
Wellness Advisor - Author
Podcast Host*

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SPEAKING TOPICS

5 Simple Ways to Focus on Your Wellness

Taking a holistic lifestyle view of well being, Allison shares simple ways to get results when you're short on time and have a busy schedule. Learn tips to help conquer emotional eating, improve lack of movement, manage stress, and increase mindfulness.

Building Resilience Through Mindfulness, Meditation & Mindset

This wellness session is designed to help show you how to maintain resiliency and manage stress. Get practical and actionable ways to focus on self-care and well-being, including mindfulness exercises and a short meditation.

How to Focus on Healthy Eating

Learn about healthy, sustainable eating, from losing weight to eating the right amount of healthy foods, we'll cover it all and have plenty of time for Q&A.

Master Healthy Meal Prep

One of the biggest barriers to healthy eating for busy professionals is creating healthy meals for the whole family. Get a game plan, schedule and healthy recipes to make meal prep for the whole family a breeze.

CLIENTS INCLUDE:



BIO

Allison's personal mission: inspire others to take control of their health and well being.

In addition to a masters degree in corporate communication, Allison is a certified nutrition coach, personal trainer, yoga instructor, sound healer, and former pro figure competitor.

TESTIMONIALS

"Allison, you were an amazing speaker! Thank you for sharing your wellness insights!"

- **Barbara Melby, Partner, Morgan Lewis**

"Thank you for taking the time to speak to our Life Science group about health, fitness, and mental well-being. Your amazing journey, experience, enthusiasm, and candidness in these areas really resonated with the audience."

- **Eva Stanley, Engagement Portfolio Lead, Life Sciences, Cognizant**

"Allison led a conversation on our campus for an audience of 50+ attendees on strategies for staying fit and healthy while working through the challenges of being working parents at KPMG. The event was a big success. Thank you, Allison!"

- **Joe DeProspero, Associate Director, Digital & Creative, and founder of the Parents Network at KPMG**

OFFERINGS

SPEAKING & WORKSHOPS

One Hour Workshop - \$2k - \$5k

RESTORATIVE YOGA

Restorative Yoga - Sound Healing - Meditation - Breathwork - \$350/hour

SOUND HEALING

Keynote Address - \$7k-\$10k

BREATHWORK & MEDITATION

3-month and 6-month packages also available. Additional travel costs for in-person sessions.