



PRESS KIT

natalie kehren

FALL 2023

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Natalie's Story



Natalie Kehren is a Certified Natural Health Practitioner, spiritual energy specialist, and the creator of two coaching programs, Healing To Begin and Rising To Freedom.

Natalie believes that women hold the key to healing the planet. But first they have to unlock the true potential within themselves. So she creates the safe spaces they need to confront trauma, find light in the darkness, and tap into their ultimate potential.

Natalie knows energetic work is transformative because she took this journey. She survived abusive relationships and addictions that left her feeling empty, lost, alone, and unworthy. And she rose above because she discovered how to live authentically. Every step she took towards truth is a step built into her programs and a topic she's passionate about sharing.

When Natalie is not coaching, she puts her energy into raising her two boys in a holistic, spiritual style. She enjoys guiding them through fun and creative activities, which help their imaginations run wild while focusing on the energy exchange between parent and child.

[VISIT NATALIE'S WEBSITE](#)

Social Media

Natalie's Instagram features the most raw and authentic moments of motherhood, meditations, health and wellness products, astrological updates, inspirational quotes, and her daily life. She would love to create content for your brand via an authentic partnership.

INSTAGRAM @NATALIE.KEHREN

Followers (as of August 2023):

23k

Monthly profile visits:

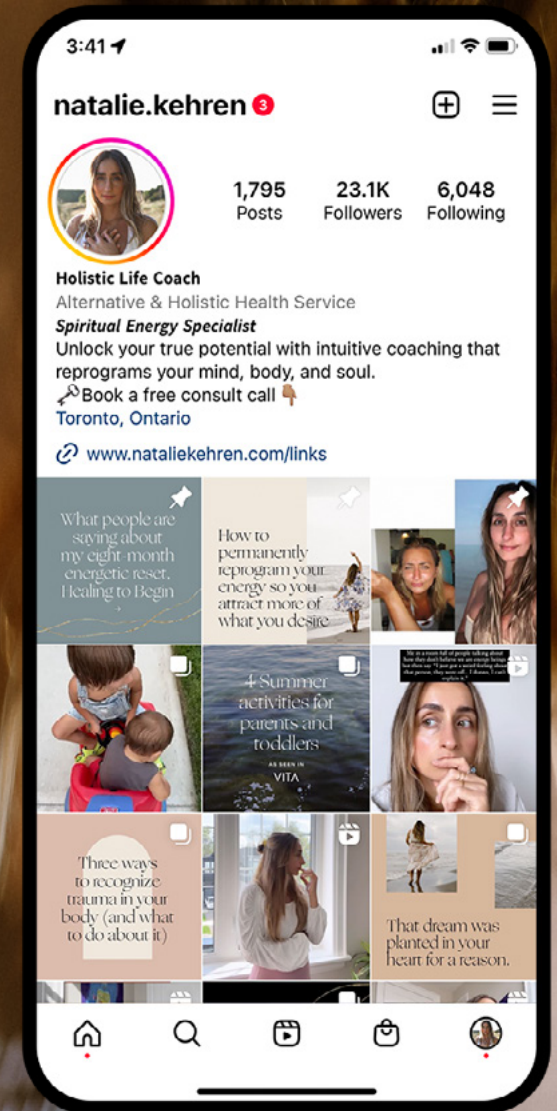
7,167

Monthly reach:

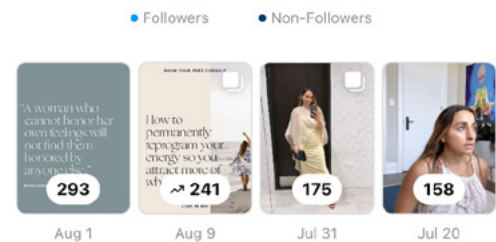
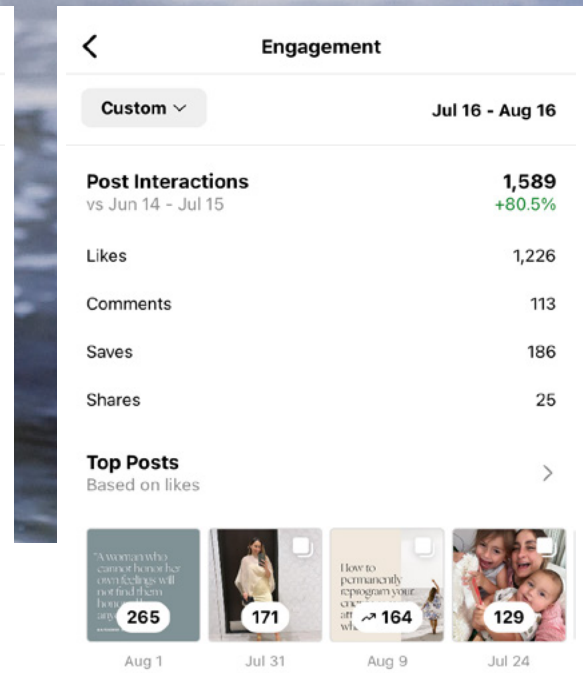
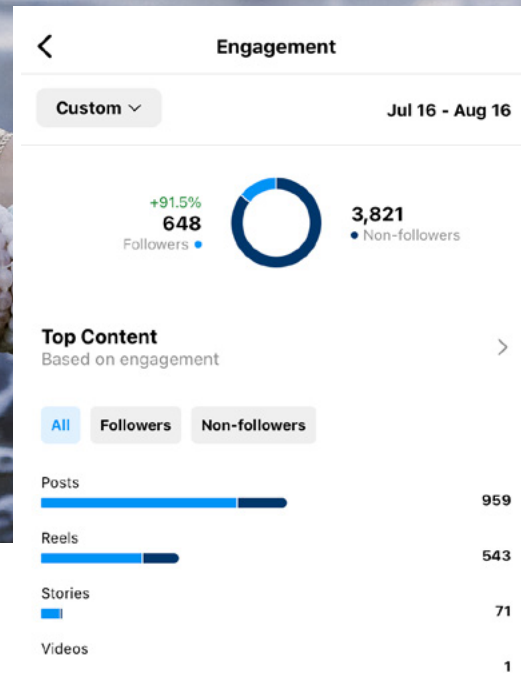
65.2k

Monthly impressions:

201,159



Engagement



Natalie's engagement rate continues to increase month-to-month. She's become known for her playful reels, vulnerable behind-the-scenes carousels, and inspirational graphic posts.

Email Marketing

Launched in August 2022, Natalie's biweekly newsletter shares energetic forecasts, mindfulness tips, and helpful blog content.

In the summer of 2023 she launched a quiz, which connects subscribers with content tailored to their unique energetic struggles and continues to grow her email list weekly.

Let's seamlessly incorporate your brand into her email content which reaches women across the globe ranging from ages 25–45.

70%

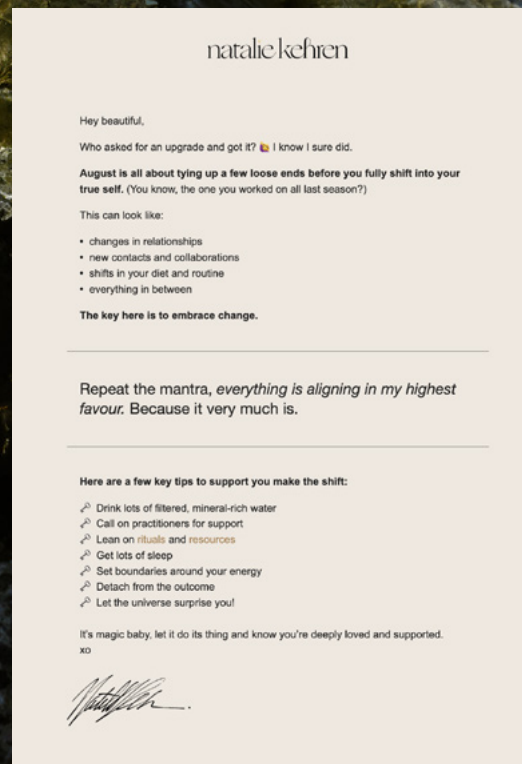
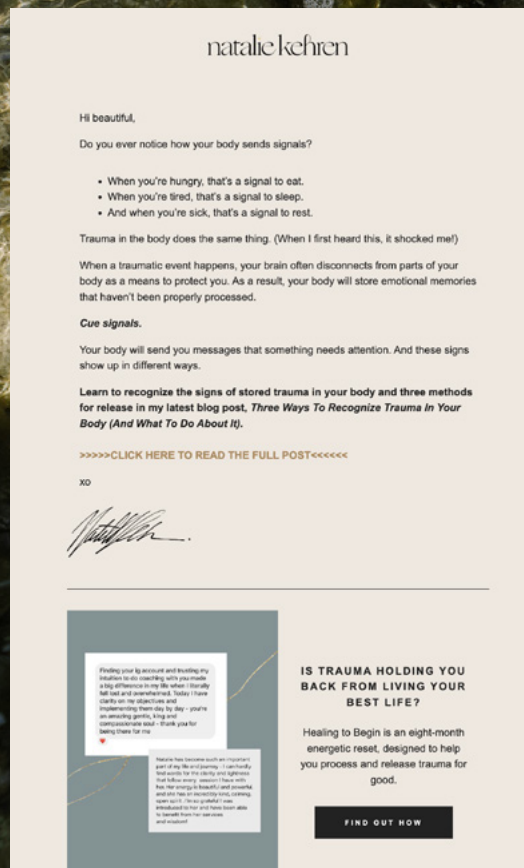
Open Rate

50%

Increase in Subscribers Since Quiz Lead Magnet Launch in May 2023

8.25%

Click Rate



Media Coverage

NATALIE HAS BEEN FEATURED IN:

BuzzFeed

CITY LIFE

CNN

pstprtm.

VITA

Sass

BEST **HolisticLIFE**

BBC
TRAVEL

BESTLIFE

Iwell defined

 CONSCIOUS
CONNECTION

5 MINUTES
FOR ME

woman's day

Media Features


CITY LIFE

SUCCESS STORY / SEPT/OCT 2022

NATALIE KEHREN: A GUIDING LIGHT

SEP 15 2022

BY ESTELLE ZENTIL



Natalie Kehren is a Certified Natural Health Practitioner who focuses on energy healing. Kehren helps her patients with everything from chakra balancing to spiritual counselling. Kehren is expecting her second child in the upcoming year | Photo By Emad Mohammadi

WATCH VIDEO


It's time to let your light shine. Meet the holistic health coach who will help you bring out your highest potential.

READ

VITA

LIFESTYLE & PARENTING

4 DIY Summer Activities For Parents & Toddlers



JULY 20, 2023

SHARE: [social icons]

The sun during summertime brings us one key energetic thing: growth. This ripples into different layers of our lives such as relationships, career, and inner

READ

pstprtm.

self-care

THE SPIRITUAL AWAKENING OF MOTHERHOOD: 4 JOURNAL PROMPTS TO GUIDE YOU THROUGH POSTPARTUM


OCTOBER 3, 2022 • BY NATALIE KEHREN



READ

Natalie Kehren On How Authenticity and Vulnerability Pay Off and Help You Win Personally and Professionally


An Interview With Maria Angelova



Vulnerability and authenticity will gift you the life you deserve to


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PODCAST
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Wellness & Wanderlust
with Valerie Moses

LISTEN



Oh, my
HEALTH...
There is
HOPE!
PODCAST

LISTEN

NEW EPISODE OUT NOW!

EP 93: CONNECTING TO YOUR INTUITION



**WITH NATALIE KEHREN
HOLISTIC HEALTH COACH**

WELLNESS AND WANDERLUST PODCAST

“Natalie was an amazing guest!
Easily one of my favorite interviews
to date (and also just the conversation
I personally needed to have).”

Valerie Moses
Host of the Wellness & Wanderlust Podcast

Events

Whether it be an intimate wellness workshop, corporate retreat, conference, or master class, Natalie will work with you to create a magical experience tailored to your target audience. Or, choose from one of her popular speaking topics listed below.

ENERGETIC TOOLS:

Heal Your Trauma and Tap into Your Ultimate Potential

SHIFT YOUR MINDSET:

A Beginner's Guide to Meditation and Journaling

FIND YOUR KEYS TO FREEDOM:

Remove Blocks that are Standing in Your Way at Work and in Life

PSYCHIC AND ENERGETIC READINGS:

A Deep Dive into What is Holding You Back

BECOME YOUR MOST AUTHENTIC SELF:

A Woman's Spiritual Journey

REBIRTH:

Your Spiritual Journey During Pregnancy and the Postpartum Experience

FAMILY FRIENDLY PRACTICES:

The Energy Exchange Between Parent and Child



FEATURED SPEAKER AT:

The Wellness Show
Vancouver, B.C., Canada

February, 2023



Let's Collaborate

Book Natalie for your next event, podcast, affiliate partnership, or guest post.

For rates and details, please contact Charlotte Silverstein at charlotte@lenarosepr.com