SPEAKING & WORKSHOPS

Marnie Dachis Marmet

Board-Certified Health Coach & Corporate Wellness Speaker

Wellness talks that help your people feel strong, focused and valued.



Talks and Workshops

Midlife and Menopause at Work
What's happening in the body in midlife, and practical support for energy, focus and sleep, for women and the leaders who work with them.

Vital for Decades: Energy and Strength for the Long Run
The habits that matter most for long-term energy and independence, built into a busy workweek.

Stress Less, Sleep Better, Think Clearer
How stress affects the body, quick resets between meetings and a better evening routine for deeper sleep.

Beyond the Scale: Strength, Nutrition and Habits for Lasting Weight Health
Protecting muscle, eating well with a smaller appetite and building habits that last, on a GLP-1 or not.

Sugar 101: Cravings, Energy and the Afternoon Slump
Where sugar hides, why cravings hit mid-afternoon and simple swaps for steady energy at work.

Cultivating a Balanced Life
Where time and energy really go, boundaries around work and small changes that last.

Finding Your Voice
Confidence, speaking up and living on your own terms, drawn from my memoir.

Add-ons: a 15 to 30 minute Mindful Reset of breathing, gentle movement and meditation, and branded take-home gifts through ChillyBean Promotions.

Every talk is shaped to your group, your time slot and what's happening in your workplace.

About Marnie

I've seen wellness at work from every side. I started my career in HR, building a department from the ground up. For more than 23 years I've run ChillyBean Promotions, helping companies take care of their clients and teams. Since 2015 I've coached women one on one through the changes midlife brings.

Credentials

- Board-certified health coach, trained at the Institute for Integrative Nutrition
- High Performance Health advanced longevity certification
- Menopause 2.0 with Dr. Stacy Sims
- 230-hour yoga teacher and meditation teacher training
- Co-host of The Art of Living Well Podcast®
- Author of the memoir *My Song, Unleashed*
- Featured on WTVM-TV, Experience Life and BBC Radio

Formats

- Keynotes
- Lunch-and-learns
- Interactive workshops
- Virtual sessions

In person in the Twin Cities, or virtual anywhere.

Let's plan something your people will remember.

zenfullifecoaching.com/speaking