



CHRISTIANE SCHROETER

Host of the Top 1.5% global ranked podcast show Happy Healthy Hustle

As an accountability coach, I help female biz owners optimize their health & and mindset for peak productivity & confidence!

HELLO YOU...

I speak your language...

- whether you are tired of dragging yourself through the day or
- whether you have been trying to get your wellness on track for the past 20 years

SIGNATURE TOPICS

- Quick Productivity Strategies
- Stress Management and Mindfulness Techniques
- Embracing Positive Habits for Success
- Career Advancement and Goal Attainment
- Overcoming Procrastination and Boosting Motivation
- Wellness and Self-Care Habits
- Navigating Life Transitions

EXPERIENCE

Founder & Owner

Hello Happy Nest

Mastermind, coaching, and on-demand wellness support for hundreds of female entrepreneurs in various countries


Fitness Instructor

Teaching indoor cycling, weightlifting, sculpt, abs, pilates, and barre group fitness classes


Professor

Cal Poly- San Luis Obispo


Instructor of food marketing, innovation & entrepreneurship, and research analysis in health economics

 +805-694-8801

 info@hellohappynest.com

 www.hellohappynest.com

 @hello.happy.nest

 happy healthy hustle

 [christianeschroeter](https://www.linkedin.com/in/christianeschroeter)