

## Bio Information Sheet

# Robin Peglow, M.A.

**Excellence Coach, Inspirational Speaker & Yoga instructor**



In **private life coaching practice and inspirational speaking** in Denver, CO, Robin has taken her passion for inspiring self-care action, balanced living, and everyday

soul enrichment, and has created events and programs that promote powerful, lasting change. Her enthusiasm and love of her work results in an **engaging and insightful** style.

Robin completed her **Masters in Arts in Experiential and Adventure Education from Prescott College in Arizona, and is also a graduate of the Institute for Integrative Nutrition (IIN) in New York City, where she is certified as a Health Counselor**, and accredited with the American Association of Drugless Practitioners (AADP). She is trained in modern health counseling, eastern and western nutrition, and using nutrition and lifestyle strategies as therapy. Studying various styles of yoga, she blends a complimentary mix of styles and teaches what she calls Fusion Yoga.

Her **teaching experience** includes: over 20 years teaching, training and speaking to large (250 +) and small groups, corporations, non-profit organizations, diverse team builds, women's groups, wellness centers, and multi-level yoga classes. Coaching since 1999, Robin has led, taught and created a variety of programs that are known for initiating great breakthroughs for work-life balance.

Robin's **speaking style** is warm, interactive and dynamic. Robin uses humor and tales from her experience to engage the audience and gets groups contributing. She is extensively trained and experienced in creating community within groups as well as managing their attention for maximum experiential and long-term learning.

**Robin works with IIN, teaching and mentoring future health counselors.** She has been professionally coaching others to reach their potential and live more fully expressed since 1999.

**Robin currently leads group wellness and life coaching workshops** and innovative seminars for large and small companies looking to create healthy changes in the workplace. She also coaches professionals in small groups and individually, offering a variety of ongoing group programs addressing issues facing modern professionals today.

**Robin writes a monthly newsletter titled Dynamic Living™** designed to inspire readers to take action through simple tools and claim the best version of their lives— through career, mindset, home and health. Robin has been published in Ski Patrol Magazine, The Professional Skier Magazine, and quarterly in the Public Relations Society of America newsletter.

### **What IS an Excellence Coach?**

- Accountability partner
- Supporter & Celebrator
- Knowledgeable resource guide
- Expert in living to the edge of your capabilities
- Motivator & Source of inspiration
- Attentive & Objective listener
- Brainstorm and idea-person
- Nutritional guide

### **What is coaching about?**

- Set powerful goals with a partner
- Create shifts through inspiration vs. crisis
- Break out of ruts
- Regain confidence within unconditional support
- Listen to and trust yourself
- Get clear and consistent forward motion

### **Contact Robin Peglow today**

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