

Thrive Globally...

FROM USA TO AUSTRALIA



Kirsti Pessa, Founder and CEO

Let's connect the dots... get motivated to reduce symptoms, restore balance and nourish yourself – so you can thrive!

CONNECT WITH KIRSTI

kirsti@thrivewithkirstipesso.com • 917.304.5671

www.thrivewithkirstipesso.com



COOKING



CLEANSE/DETOX PROGRAMS



SPEAKING ENGAGEMENTS



ONE-ON-ONE COACHING

CONNECT WITH KIRSTI

Certified Holistic Health & Wellness Coach • Certified Detoxification Specialist • Certified Personal Trainer

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Detox your life. Reset your mind. Upgrade your health.

This cleanse program will help you enhance your body's processes (digestion, absorption, utilization, elimination) to enable you to feel balanced physically, emotionally and spiritually. The result: a vibrant, thriving life.

INSPIRATIONAL PROGRAMS

- Whole Food & Seasonal Eating
- Individual & Group Coaching
- Self-Care & Stress Management

“I feel amazing...I've been living in this fog for ages and thought it was due to my stressful job. I never really thought too much about the foods I was eating. I really feel **this has changed everything for me...**” (KS, Melbourne)

Nourishing Talks

PICK A TOPIC, ANY TOPIC...

Eat green on a budget; Say goodbye to the food coma; How to stay healthy when you travel; Heal your gut; Break up with sugar; Beat the Stress Cycle; Raising mindful eaters; Fuel your body, naturally (just to name a few...)

PICK A VENUE, ANY VENUE...

- Motivational Speaking Engagements
- Lunch & Learns
- Women's Health Groups
- Corporate Wellness
- Workshops/Webinars
- "Green Juice" Talks (for Mums & Moms)

“Kirsti Pessa is a firecracker. She's extremely knowledgeable, passionate and an innovator in the field of health...She radiates health... and beauty because she speaks from a purely genuine place...I know I'll walk away with **pearls of wisdom and the motivation to follow through.** I feel fortunate to be in her company and highly recommend others to be compelled by her. **She's inspiring!**” (MM PHD, New York)

One-on-One Coaching

Let's connect and discuss your personal health concerns and underlying causes of imbalance. We will create a comprehensive and customized wellness plan to help promote your balance and vitality.

INDIVIDUALIZED OR GROUP COACHING TO ADDRESS

- Digestive & Gut Issues
- Stress Triggers
- Food Sensitivities & Cravings
- Emotional Eating
- Weight Management
- Lack of Energy

“Kirsti's **support is genuine** caring combined with **deep knowledge** and her desire to **help us be our best and healthiest self.** Her materials and resources are excellent and **she is wonderful to work with.**” (JG, Georgia)

Detox the Kitchen

In my kitchen or yours, with 10 of your besties or one-on-one, let's "clean-up" together. The kitchen is the center of your home and therefore it is central to bringing health and balance into your life.

KEEPING IT CLEAN

- Food Market Tours
- 1:1 Cooking Lessons
- Kitchen Set-up
- Small Group Lessons

“Kirsti's **love and passion for food is admirable.** Her energy when she speaks about food is incredible and inspiring. She just seems to instinctively know what works and how to pull recipes together...Her **simple recipes taught me the importance of cooking with seasonal fresh ingredients, fresh herbs and spices** and to make simple and nutritious meals. She also helped me 'detox' my kitchen and set it up for success...**Even my kids enjoy making yummy snacks and treats.**” (MC, New York)

...Connecting the dots through health education and support to nourish the mind, body and spirit...