



YANIRA PUY

EMPOWERING INDIVIDUALS TO
BECOME HEALTHIER AND
HAPPIER



Yanira Puy
— Health & Wellness —



ABOUT ME



Transitioning from executive woman to wellness advocate

Throughout my professional journey, people often ask how I transitioned from being a female executive to empowering individuals to become healthier. The answer lies in discovering my true purpose: "Empowering others to heal themselves from the inside out and lead healthy, happy lives." This mission is driven by my dedication to listening with empathy, my passion for wellness, and most importantly, leading by example through my own experiences and journey.

After 20 years as a marketing professional across Venezuela, the United States, and Colombia, I began to question my career path and purpose. This introspection led me to pivot towards wellness coaching. I became certified as a health coach, pursued a master's degree focused on coaching, founded two companies, and earned certification as a Brain Health Trainer.

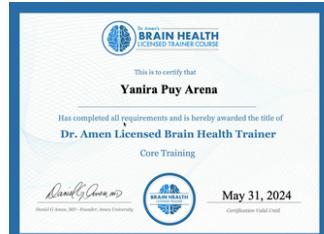
Currently, I work as a wellness professional, serving both individuals and companies in Latin America and the USA. I have had the privilege of helping thousands through my coaching practice, online programs, webinars, workshops, online classes, podcasts, blogs, articles, wellness programs, and conferences.

I firmly believe that each of us possesses the power to transform our health, heal ourselves, and find balance in our lives.



EDUCATION & CERTIFICATIONS

Bachelor in Business Administration – Universidad Metropolitana, 1996
Master in Business Administration – Emory University, 2001
Health Coach Certificate – Institute for Integrative Nutrition, 2015
Master of Science in Health Coaching with a concentration in Applied Nutrition – International Health Coach University, 2018
Strong Nation Certificate, 2019
Gut Health Course Certificate – Institute for Integrative Nutrition, 2019
Equilibrio Coaching Program Certificate – Aki Happi, 2019
Licensed Brain Health Trainer - Amen University, 2023
Speaker - National Speaker Association of Georgia - 2024



WHY WELLNESS?

DEFINITION

The World Health Organization (WHO) defines health as “a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity” (WHO, 1948).

Achieving an optimal level of wellness is crucial for living a higher quality life. To achieve integrative health, we need to work on our body, mind, emotions, purpose and social interaction.

BENEFITS

1. Lower the risk of disease
2. Reduce depression and anxiety
3. Maintain ideal weight
4. Increase energy levels
5. Longer life and reduced aging





WELLNESS AT WORK

FACTS A healthy and happy employee is more productive, feels more satisfied, and has a better attendance at work. Not only that, their stress is reduced and the corporate image improves.

I help organizations support and encourage a healthy and happy culture while increasing productivity, company satisfaction and attracting new talent.

STATISTICS When you help your employees develop better and healthier habits, you help improve their wellbeing and reduce the risk of chronic disease. With the right tools, support, incentives and strategies, employees are more likely to change their habits and improve health behaviors.

1. Improve employees health behavior *
2. Increase productivity *
3. Reduce elevated health risks **
4. Decrease absenteeism ***

*Population Health Management article

**JOEM

***Health Affairs





WHAT I DO

COACHING

I believe as an individual you have the power to change your health, heal yourself and find a balance in your life. You can become a healthier version of yourself, thrive and create the life you desire - the life you are meant to have - while feeling energetic, having a purpose, experiencing wellness, and positively impacting those people around you.

This belief inspired me to create a system to help individuals heal themselves from the inside out through personalized coaching. This system empowers people to find their healthiest version by healing their mind and body, allowing them to thrive in every role in their lives, be it as parents, professionals, lovers, friends, and more.





WHAT I DO

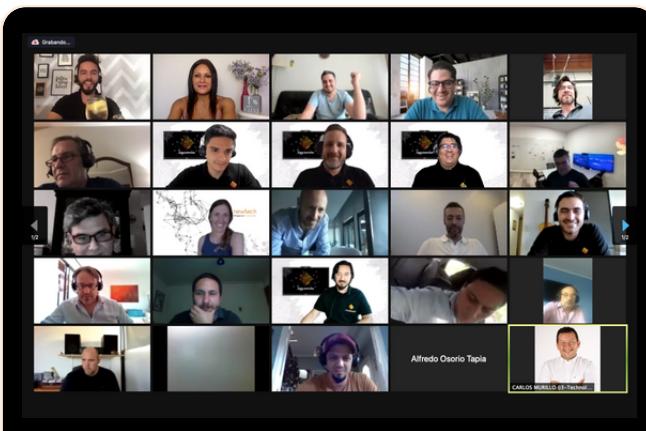
WORK SHOPS

Workshops provide an excellent opportunity for your company's employees to explore various topics related to integrative health and well-being. Our sessions introduce new ideas and concepts, inspiring participants to further explore wellness on their own.

Each workshop has one or more deliverables that support attendees, such as PDF guides, informative videos and engaging audios.

SAMPLE TOPICS

Stress mastery: Techniques to reduce stress
Rewire your habits: The path to lasting change
Emotional savvy: Enhancing emotional intelligence
Mindful living: The power of being present
Eating for energy: Nutrition for maximum power
Fit life: Embrace physical activity
Lighten up: Weight management for a fuller life
Sweet surrender: Overcoming sugar cravings





WHAT I DO

CONFERENCES

With over 20 years experience in multinational corporations and a deep understanding of well-being, I offer impactful and energetic conferences that truly resonate. I am passionate about integrating the audience with essential concepts and real-life stories for a truly memorable experience.

- How to stay healthy (and not die trying): 7 steps to thrive in your life.
- From stress to success: strategies for boosting workplace happiness.
- Your success begins with you: how to succeed in your life by working on your wellbeing.
- Crafting your best year ever: a road map to create the life you desire.
- Navigating change: your path to resilience.





WHAT I DO

ONLINE CLASSES FOR OLDER ADULTS

Health & Wellness classes targeted to older adults on GetSetUp. These sessions help adults over 55 learn new skills and provide them with tools to guide them towards better health in their lives.

Classes include these topics:

- Fitness: Posture, balance, strength and flexibility
- Cooking
- Mindfulness
- Resilience
- Sleep Hygiene
- Heart and Brain health
- Osteoporosis
- Diabetes
- And More

The image shows a computer monitor displaying two screenshots of the GetSetUp platform. The left screenshot shows the website homepage with a woman performing a full-body strength exercise. The right screenshot shows a live video call on Zoom with a woman smiling, and a chat interface with messages in Spanish.

Left Screenshot (Website Homepage):

- Header: GetSetUp
- Navigation: Home, Calendar, My Schedule, Categories, Series, Guides, Community
- Section: Upcoming Sessions
- Image: A woman in a blue t-shirt and black leggings performing a full-body strength exercise.
- Text: Full Body Strength Exercises (20-min class) Ep. 3
- Footer: Yanira.Puig

Right Screenshot (Live Video Call):

- Header: LIVE
- Participants: Yanira P, Beatriz N
- Section: Chat
- Text: Yanira is attending my session today. You are welcome to stay in the Lounge and chat for the next 30 minutes. Do you have an interest or passion that you'd like to share with others? It's easy, our staff will help you, and you will meet friendly people from all over the world. You will receive the class notes shortly. And, plan to join us for another GetSetUp class or stay with us in our Explore class section. We hope you learned something new and had a great time! See you in another GetSetUp session.
- Text: Beatriz N: Yanira qué pasa cuando uno no tiene a gente que afecta en algo
- Text: Beatriz N: no pude activar el micrófono
- Text: Type Message Here...



WHAT I DO

ONLINE PRO GRAMS

The Renuérate (Renew yourself) programs are 100% online. Along with Gabriela Fernández, we created these courses in Spanish to help women achieve integrative wellness. The programs can be accessed anytime and anywhere. Each of the Renuérate programs consist of videos, audios and downloadable PDF guides that will help women create the changes they want for mind and body.

ALCANZA TU MÁXIMO BIENESTAR
Transforma tu Cuerpo y Mente
Programa Online 21 días

NUTRE TU CUERPO
Cambia tus hábitos alimenticios

ENTRENA TU MENTE
Trabaja en tu paz y tranquilidad

REPROGRAMA TU MENTE
Crea tu realidad

MUEVE TU CUERPO
Mantén en movimiento
15 días de movimiento



WHAT I DO

POD CAST

SaludableMente Mujer is a podcast dedicated to women who want to live a balanced and healthy life. Valeria Espinosa and Yanira Puy explore various topics each week that impact women's health and well-being, such as nutrition, physical activity, meditation, hormones, and much more.





ABOUT THE SESSIONS

Conference

Engaging and motivational keynote speaking (up to 60min).

Workshop

Professional keynote speaking with practical exercises and tools (up to 2 hours).

Language

All sessions can be delivered in both Spanish and English.

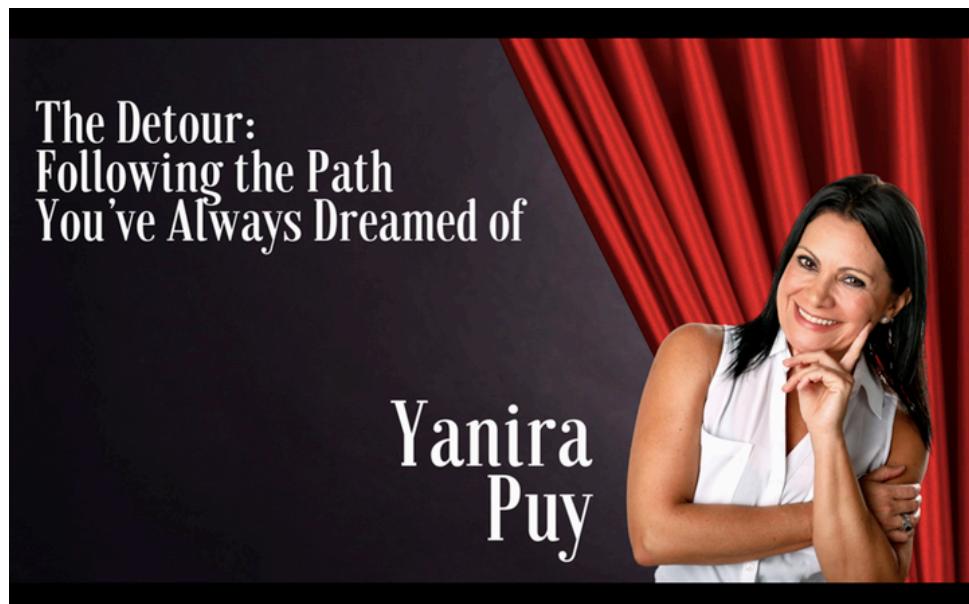
In-person/Virtual

Sessions can be conducted in person and virtually.

Topics

The different topics can be presented as either a keynote or a workshop.

See me in Action: 10 min-talk





CLIENTS AND PARTNERS





TESTIMONIALS

"I had the pleasure of meeting Yanira last year while the two of us worked together on a certification and the truth was that I was pleasantly surprised. Not only her personality, but also her professionalism, was what made us invite her to give a talk on Integral Health at Proyecto Itaca and she once again demonstrated her passion, knowledge and the power of communication that she has to offer. A coach and health professional that I would recommend for companies that are looking for wellness programs to improve the productivity, health and happiness of their employees."



Angela Rivera (Colombia)

"I felt the need to find someone to help me (formally) define my life purpose. That's how I found Yanira! She and I started working together at a time when I needed the support of a health coach to develop a comprehensive wellness plan that included improving my focus and concentration, my diet and that of my family, and also returning to regular physical exercise. With Yanira's support I was able to discover and change the things that stood in the way of my overall well-being and take action to define and achieve my goals! Thank you Yanira! I feel truly lucky to have you as my Wellness Coach! It has been an immense pleasure to travel with you the path to greater better living! Thank you for your commitment and for that energy that spreads and inspires."



Marcela Rodriguez (Cánada)

"I had the opportunity to participate in a Self-Love workshop here in Miami where Yanira was one of the facilitators. I was really impressed on the content of the workshop but specially on her passion, knowledge and expertise around holistic wellness and her capability to impact people's lives. I have known Yanira for almost 20 years when we worked together at Turner and she is highly skilled and dedicated professional. Seeing her in this new professional path was incredible. I highly recommend her if you are looking for someone to help you reach your full potential and those of your employees."



Odilis Asilis (United States)



**"TRAIN PEOPLE WELL
ENOUGH SO THEY CAN
LEAVE. TREAT THEM
WELL ENOUGH SO THEY
DON'T WANT TO."**

RICHARD BRANSON

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