



KIM O'NEILL

Show Host | Coach | Speaker | Bestselling Author
Empowering you to be who you always knew you were.

I am passionate about making a positive difference in the world through speaking, show hosting, coaching and more. It is my mission to leave this world with as many people as possible FEELing as WHOLE and connected to who they truly are.

* BIO *

Kim O'Neill is known for being the inspirational host of the Every Day is a New Day Show; a 2x bestselling author; twice-certified Transformational Confidence Coach; Interview Coach; Reiki Master; and former Crime Analyst. The "Every Day is a New Day" podcast and LIVE show has featured movers and shakers from the White House and national TV to awesome "everyday" people who've exhibited inspiring strength in overcoming their own adversities. Kim takes a holistic approach in coaching empathic, heart-centered individuals out of self-doubt and disempowerment and into courageous confidence.

In 2019, she co-authored the #1 bestseller *You Are Loved – An Inspired, Meditative Visual Journey*; in 2018, she launched her first guided meditation on the Insight Timer app; and in 2017, her blog was selected as one of Feedspot.com's Top 100 Life Coach Websites and Blogs, and her first bestselling book *Positive Minded People* was published. Kim is most often asked how she went from being a Crime Analyst to coaching and energy work, and loves to empower people to be who they truly are.

Certifications include: ICF Associate Certified Coach (ACC; 2015-2018); Law of Attraction (LOA) Coach; Reiki Master Practitioner; Spontaneous Transformation Practitioner; and Infinite Possibilities Trainer. As an inspirational speaker, Kim reminds audiences the importance of knowing who they are; about the informational value of their emotions; and how to move forward when they don't know how.

POPULAR SPEAKING TOPICS

- ✓ **Every Day Can Be A New Day When You Know Who You Are** – When you operate from your inner truth, life becomes more meaningful and fun. I share insights from when I was a Crime Analyst and how they inspired me to finally take a leap of faith. **Value Add:** Inspiration – Reminds people to check in with themselves on a deeper level and listen to what their body and emotions are telling them. Are they living deliberately or by default?
- ✓ **Standing Confidently in Your Power, Regardless of the Chaos Around You** – Tips for empathic, heart-centered professionals to find more ease and effectiveness in being who they are amongst others who may lack energetic awareness. **Value Add:** Information – Although your sensitivities might sometimes feel like a weakness, they can become a leadership strength when you know how to work with them.
- ✓ **Limitations of Perfectionism** – Let me count the ways! The myth is perfection will get us far, when really it keeps us trapped. More acceptance of self will contribute to greater results in both our personal and professional lives. **Value Add:** Freedom – Audiences will realize they're not alone. We all want to make a positive impression, but overdoing it really just limits us.



PRAISE

"She just fills the room with a beautiful, soft glow of love, joy, warmth and vibrant high energy with smiles and laughter!" – Monica R.

"She is non-judgmental which gave me the freedom to be me in our sessions – this is truly the best gift anyone can offer to me. I felt seen, heard and understood by her in all ways." – Adonica S.

CONTACT

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Kim O'Neill Coaching
Since 2013