



### *Creative Founder Bio:*

Christine Porter is an author, board-certified coach, motivational speaker, doggie mom and yogi. She is also the creative founder of the international company, Peace and Pear, LLC, a mindfulness company creating products and programs that feed your soul. A self-proclaimed Soulful Warrior, she is committed to helping people create an extraordinary life and go from surviving to thriving.

Porter's workshops, retreats, products and new book *The Wisdom of You; A Transformational Journey to Creating an Extraordinary Life* all focus on helping people connect with their inner wisdom to alleviate pain and stress, find their power, passion and purpose and live healthier, more fulfilled lives. A graduate of Michigan State University, her post graduate work was with the Institute for Integrative Nutrition School where she received her board certification as a Holistic Health and Wellness Coach. She has advanced training in MBSR (Mindfulness Based Stress Reduction techniques) which is used in her programs and classes. She is also the author and facilitator of Healthy, Sexy and Fit™, a 21-day kick start program encompassing tools for increasing energy, weight loss and a healthier mind and body.

Recently, she has been featured in the national women's magazine, *First for Women*, in the national life coaching magazine, *Choice, The Professional Coaching Magazine*, on "Good Morning Rochester," Rochester, N.Y.'s Fox affiliate station's morning program, *The Rochester Business Journal*, as well as *The Big Dream School Podcast*, *Pretty Simple Sarah* podcast, *The Soulfest Summit*, and other media outlets.

Christine travels throughout the country teaching and lives with her favorite pooch, Bodhi in New York.

For more on Christine's work, visit [www.PeaceandPear.com](http://www.PeaceandPear.com).