



heart *your* body

Media Kit



Helping women love the skin they're in

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Business overview & mission

Heart Your Body was set up in 2014 by Judi Craddock to empower women to embrace their bodies, shun unrealistic and unhealthy standards of beauty, and recognise their intrinsic worth.

Heart Your Body is based in Southampton UK, but serves women worldwide. Judi is a solopreneur offering body confidence coaching, workshops and talks.

What Judi does

Judi is a Body Confidence Coach for women and an advocate for positive body image. She helps women learn to love and accept their bodies so that they can live happier, healthier and more fulfilling lives. Judi empowers women to change how they think and feel about their bodies through her 1:1 coaching programmes, body confidence workshops and talks.



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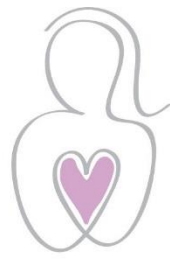
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Judi's motivation

Judi's desire to work with women on their body confidence is grounded in her own experience of poor body image. Struggling with low body confidence from an early age, it took many years for Judi to develop a better relationship with her body. Judi now shares the strategies and techniques that helped her own body confidence with her clients.

Judi's background

Judi is a Chartered Accountant and a Coach. She is a member of the **Association for Coaching** and the **International Association of Style Coaches**. Prior to Heart Your Body, Judi spent 17 years in the Finance industry, working as an Accountant, a Learning & Development Professional and an Executive Coach. While working in Finance, Judi witnessed how lack of confidence, particularly poor body image, can hold women back in their lives and careers, and was inspired to support women on their journey to better body confidence.



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Expertise – writing & speaking topics

Judi is an expert on women's body confidence and body image, and welcomes the opportunity to be interviewed (on radio or TV), to write articles as a guest blogger or be quoted as a body confidence expert.

Photos & logos

The following images are available in high resolution upon request:





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Contact information

For media enquiries, please use the following email address:

press@heartyourbody.co.uk

You can also get in touch with Judi via social media:

[Twitter](#)

[Facebook](#)