

HEART YOUR BODY – MEDIA KIT



HI, I'M JUDI

The Body Confidence Coach

I help women stop chasing the perfect body and embrace the one they're in.



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 and talks.



**BODY CONFIDENCE COACH
JUDI CRADDOCK**



Judi is a Body Confidence Coach and author of ***“The Little Book of Body Confidence”***.

She is the creator of ***The Body Confidence Journey***, the coaching programme for women who want to stop wasting their life chasing the perfect body, and embrace the one they're in.



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.



BACKGROUND



Judi is a Chartered Accountant and a Coach.

She is a member of the **Association for Coaching**.

Prior to Heart Your Body, Judi spent 17 years in the Financial Services industry, working as an Accountant, Learning & Development Professional and an Executive Coach.

While working in Finance, Judi witnessed how lack of confidence, particularly poor body image, held women back in their lives and careers, and was inspired to support women on their journey to better body confidence.

EXPERTISE: WRITING & SPEAKING TOPICS

Judi is an expert on women's body image, and welcomes the opportunity to be interviewed (for radio, TV, podcasts or press articles), 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 on request:



CONTACT INFORMATION

For media enquiries, please use the following email address:

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

[Twitter](#)
[Facebook](#)
[Instagram](#)