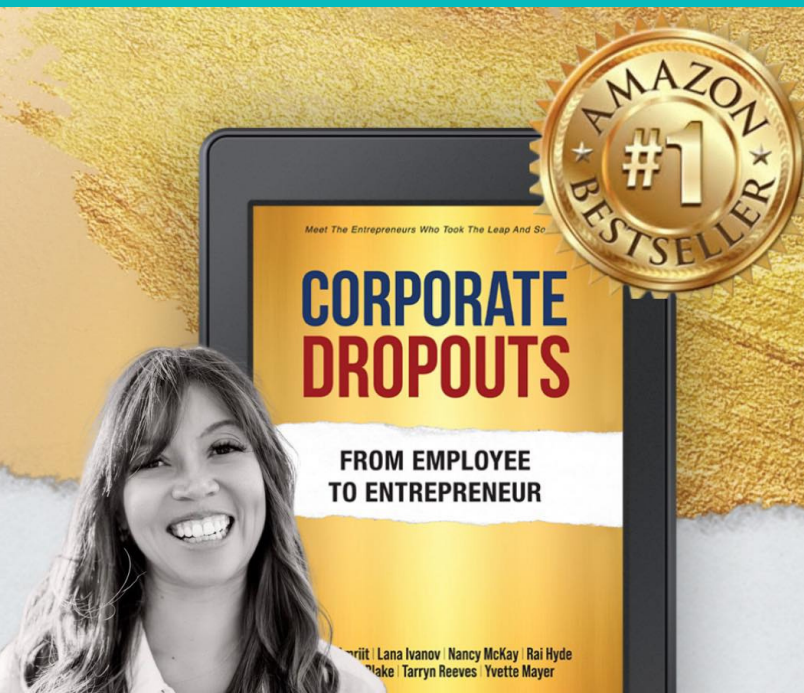


RAEWYN GUERRERO

The Gutsy Executive Coach

Author | Functional Health Coach | CBT Hypnotherapist | Corporate Wellness Consultant



ABOUT ME

6 years ago, I was a burnt-out corporate wellness manager at a Multi-national Bank in Central London, with **an ever-increasing list of symptoms, and a pharmacy in my purse to match.**

Today, I am the **founder of Well Works, an online Wellness business**, committed to changing the health trajectory of everyone I meet, from my laptop, as I **overlook the arches of Cabo San Lucas.**

Instead of rushing to get the tube to work, I now spend my mornings sitting in the sun, helping burnt-out women in business connect the dots of their symptoms to **uncover the root cause of their anxiety, hormonal issues, IBS, and insomnia using Functional Medicine**, so they can Become the CEOs of their Health and ***DRESS for Success.**

This is just **one of many steps** since leaving the safety and security of my island home in the Southern Caribbean 20 years ago, to find my purpose. The overarching theme has ALWAYS been **creating positive impact**, personal growth and **freedom** - health freedom, relationship freedom, geographical freedom and financial freedom - and ultimately a **Well World.**

*Diet, Rest, Exercise, Stress Reduction & Selective Supplements

SPEAKING TOPICS

- Aging is Optional
- Become the CEO of Your Health
- The Biology of Stress
- Eat Right for Your Metabolic Type
- Employee to Digital Nomad / Entrepreneur
- Heal Your Gut, Heal Your Life
- Lemons to Lemonade
- Sleep Better, Stress Less

CONNECT

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