

CHARDÉT RYEL

Wellness Entrepreneur & Behaviour Change Specialist



Chardét is a Behaviour Change Specialist, Wellness Entrepreneur and Visibility Mentor. She is also the host of two top 200 podcasts - [Her First 3 Years](#) and [Feel Good Nakd.](#)

Since 2013, Chardét has mentored women in confidence, self-worth and total well-being. Her work has crossed borders, from New York to London and Rio and globally online.

Her mission is to help women FEEL good, be HEARD and live BOLDLY.

SIGNATURE TOPICS

WELLNESS

- Cognitive Behavior Change
- The Science Behind Transformation
- Body Confidence Without Numbers
- Non-Diet Nutrition & Fitness
- How to Feel Good Naked REALLY

VISIBILITY

- Finding & Speaking Your Authentic Voice
- Unlearning Confidence Blocks
- The Link Between Body & Voice
- Standing Out without Burning Out
- Discovering the Purpose behind your Work

MEDIA

Forbes 2x
This is Woman's Work (top 0.5%)
The Bold-Faced Truth (top 0.5%)
Unconventional Life (top 1%)
She's Invincible (top 1%)
Empowering Her (top 1%)
Happiness in Progress (top 1%)
Feminine Frequency (top 1%)
and more....

AUDIENCE

- Interests: Personal Growth, Wellness and Leadership
- 91% Women | 9% Men
- Primary Age Group: 27 - 55
- Top Locations: US, UK & Canada

www.chardetryel.com

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