

Kim Acedo

In-person & Virtual Workshops
for Midlife Women Leaders

LEAD, WELL. LIVE, WELL.
Thrive in Health, Life, and Leadership

Workshop Topics for Your Group:

Workshop 1:

Four Foundations for Midlife Women Leaders

Elevate energy, sharpen focus, and sustain high-level performance with four proven pillars of health and well-being.

Designed for midlife women in the thick of their careers, this workshop reveals the foundations that support lasting well-being and long-term leadership success.

Workshop 2:

Life, Leadership & Legacy

Design a personalized well-being strategy that empowers midlife+ women leaders to thrive and create lasting impact.

Ideal for midlife+ and senior women leaders reflecting on legacy, this workshop offers a clear compass for purposeful leadership anchored in well-being.

"Kim's session was a powerful invitation to reflect on the kind of leaders we want to be, while offering a practical, sustainable lens on leadership and self-care."

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Kim Acedo

MSc, PCC, NBC-HWC, CPT

Midlife+ Women's Health &
Well-being Coach

Kim Acedo, MSc, PCC, NBC-HWC, CPT

is a professional health & well-being coach with over 10 years of experience coaching midlife women leaders and professionals to sustain their energy, sharpen their focus, and lead with impact.

Kim believes that when women leaders prioritize their well-being, they not only thrive personally, but also create lasting ripple effects that challenge gender norms, strengthen leadership pipelines, and advance gender equity.

Past speaking engagements include:
Translink, YWCA, RBC, Minerva BC, Flavours of Hope, Association of Women in Finance, Risk Management Association, and Women Lawyers Forum.

