

KATARINA STOLTZ COACHING AND THERAPY – MEDIA KIT



HI, I'M KATARINA
LIFE COACH AND PSYCHOTHERAPIST

I help international professionals stop
trying to meet everybody else's
expectations and start prioritising
their own well-being.

BUSINESS OVERVIEW AND MISSION

Katarina Stoltz Coaching and Therapy was established in 2015 to empower international professionals to prioritise their well-being at home and at work.

Katarina Stoltz is based in Berlin, Germany where she works with therapy clients in person and serves coaching clients worldwide online.

Katarina is a solopreneur offering life coaching, therapy and articles through her blog '*Time To Thrive*'.



LIFE COACH AND PSYCHOTHERAPIST

KATARINA STOLTZ

Katarina is a life coach and therapist and the creator of the
'Time To Thrive' blog.

She is the founder of ***Transform Your Life*** and ***Step Into Your Power***, two coaching programmes for international professionals who have reached a life crossroad and decided to fully commit to make the necessary changes to live a life they love.



MOTIVATION



Katarina's desire to work with clients on their well-being is grounded in her own experience trying to meet everyone else's expectations growing up, which led to always looking for something external to make her happy.

Struggling with low self-esteem from an early age, it took Katarina many years to develop the trust that who she is and what she does is enough.

Katarina now shares the techniques and methods she used to develop her own self-esteem and well-being, with her clients.

BACKGROUND

Katarina is a photographer, coach and therapist.

Prior to starting her own coaching and therapy business, Katarina spent 12 years in the media industry, working as an assistant director on TV series in Stockholm and as a news photographer for Reuters in Warsaw.

While working in the media, Katarina witnessed how a lack of self-esteem and the inability to express emotions led people to suffer from poor health. This inspired her to help people prioritise their well-being at home and at work.



EXPERTISE: WRITING AND SPEAKING TOPICS

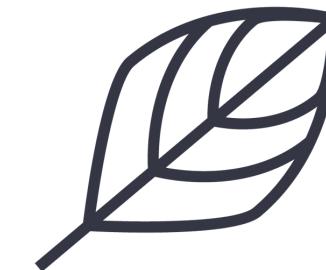
Katarina is an expert in unlocking the root causes of stress and anxiety, and helping clients improve their health and vitality.

She welcomes the opportunity to be interviewed for newspapers, magazines and podcasts, to write articles as a guest blogger and be quoted as a well-being expert.



PHOTOS AND LOGOS

The following images are available in high resolution on request.



 **KATARINA STOLTZ**
COACHING AND THERAPY



CONTACT INFORMATION

For media enquiries, please use the following email address:

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You can also get in touch with Katarina on social media:

[LinkedIn](#)

[Facebook](#)

[Instagram](#)

