



# Jade Leray

## Health & Nutrition Coach

Focused on a sync-to-cycle approach to health & wellness, encouraging women to unlock the power of their period.

Jade Leray, Founder of Beautiful Bodies Society, has a mission to teach women to become friends with their periods, instead of dreading their monthly visitor.


A qualified personal trainer, Jade went through a number of hormonal, thyroid & weight issues following the birth of her daughter and became increasingly frustrated when returning to the fitness industry at not only the overwhelming focus on vanity, but also her inability to shift her post-natal weight.

With her cycles and hormones becoming more erratic in nature, Jade quickly identified that this could be an issue in her inability to lose weight, however she noticed that no-one in the fitness industry was equipped to assist.


And so began Jade's quest. After learning as much as she could and studying a number of courses, Jade began to apply some of her learnings and found that they started to work. Not only were her symptoms under control, she had started to lose weight and felt amazing.

Fast forward almost 2 years, her company Beautiful Bodies Society now helps hundreds of women to 'unlock the power' of their period. Instead of dreading their monthly friend, clients are encouraged to respect and honour their bodies, and make simple conscious decisions when it comes to nourishment & exercise. They walk away with improved health, less inflammation, weight loss & more.

Jade is now wanting to spread the word of her 'sync-to-cycle' approach to the masses so they too can learn to love their cycle and make it work to their advantage.

 [jade\\_leray](#) (12.1k)

 [beautifulbodiessociety](#) (2.9k)

 [www.beautifulbodiessociety.com.au](http://www.beautifulbodiessociety.com.au)

## You may have seen or heard Jade on...

HEALTHY-ISH PODCAST



HEALTHY-ISH EXTRA



HAPPY WAY PODCAST



HOUSE OF WELLNESS



TIRED MUMMY PODCAST



# Engagement Opportunities

## Expert Content for Media

With unique insight and experience in a trending topic of health & wellness, Jade is readily available to share her knowledge, tips and tricks for individuals to apply to their own lives via media engagement and content opportunities. She excels at creating content that resonates with audiences and adds significant value.

## Speaking & Panel Opportunities

Experienced in addressing audiences, Jade shines as her impressive knowledge is delivered in an authentic and relatable manner. Her connection with attendees is unmatched as she passes on her unique insight, expert advice & practical tips.

## Workshops & Seminars

Regularly approached to share her practical insight & experience, Jade is available for opportunities where she is able to pass on her skills & knowledge to attendees that can then DIY, whether it be via an in-person or online workshop or masterclass.

## Brand Partnerships & Collaborations

Jade welcomes the opportunity for mutually beneficial partnerships & collaborations with like-minded individuals and brands. With a loyal online community of 12k+, Jade understands how to create content that resonates with followers and showcases brands in the most positive light.

# Client Feedback

"Working with Jade I have developed a better understanding of the way various stressors, including my hormonal cycle, impact my body's response to both exercise and diet. Under her guidance I have learnt to listen to what my body is telling me and to adjust my exercise and food choices accordingly to cater to my body's needs at different times, all in a way that is sustainable for the long-term"

*Lisa*

"Jade has a wealth of knowledge that has supported me in my journey! I tried endlessly for over 2 years between my pregnancies to lose weight and not a single shift, I was actually gaining! Thanks to Jade I understand how exercising and nutrition supports hormone function and hormone balancing, and I have now lost 6 kilos!"

*Sharni*

### Jade's credentials include:

- ✓ Nutritional Therapist
- ✓ Personal Trainer
- ✓ Women's Hormone Coach
- ✓ Pilates Instructor
- ✓ Biomedx Certified Flow Practitioner
- ✓ Nutrogenics student



# Get in Touch!

✉ hello@bbwithjade.com

🌐 www.beautifulbodiessociety.com.au

☎ 0401 431 702