

“ You can't give from an empty cup.
Self-care is not optional, it's a need. ”

AREA OF EXPERTISE

HEALTH AND WELLNESS IN THE WORKPLACE
YOUR WELLNESS YOUR PRODUCTIVITY
HEALTH & WELLNESS FOR WOMEN
THE BALANCING ACT OF SELFCARE
BUSINESS ETIQUETTE



Kwavi Agbeyegbe

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Kwavi is a Certified Weight Coach and an International Motivational speaker. She started her company to help successful women over the age of 35 that are challenged with weight and health problems. Her journey into healthy living started as a teenager and she has continued this lifestyle over the years. At the foundation of her work as a speaker and a Lifestyle Coach is the belief that there has to be a deep love for oneself; an intimate and positive relationship has to be cultivated.

She uses VIP one-on-one coaching, group coaching programs and international retreats to inspire women all over the world to transform their lives and bodies. Her signature event, The Simply Vibrant Social has been held in Atlanta - USA, London - England and Lagos - Nigeria. The Simply Vibrant Social is an empowering and educational global event for women.

Kwavi enjoys helping women all over the world, however her true passion is to educate women, and give them the knowledge and tools to make informed decisions on leading and maintaining a healthy lifestyle.

*I want women to feel fabulous, beautiful and confident in their skin and turn their lives into their personal catwalk.
A healthy foundation provides that*



She received her B.Sc. in Information Technology from the Thames Valley University in the United Kingdom, and obtained a Medical Informatics, M.A., degree from Northwestern University in Chicago. She trained with the Well Coaches School of Coaching, a program endorsed by the American College of Sports Medicine and Harvard University and also studied at the Life Coach School and is certified in weight loss coaching.

Kwavi is married with 2 sons and lives in Atlanta, Georgia

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