

MEDIA KIT

KELLY NEWSOME GEORGES, FOUNDER



Kelly Newsome Georges is a “married single” mom to 3 tiny humans, bonus mom to 3 young adults, and self-care educator and coach. She’s obsessed with teaching other women that self-care is not a “treat,” but instead a tool that helps us take care of every aspect of our lives.

Kelly is the founder of ritualcare.com, a self-care coaching practice with private client sessions, corporate group classes and downloadable online tools.

BACKGROUND

Kelly fell into the wellness world by accident, as a burned-out business lawyer who turned to self-care to help her heal. She later started a private yoga and wellness company to help other women lawyers find time for themselves. Soon, she saw a bigger problem than busyness: our collective idea of “wellness” — flooded with popular, ineffective self-care hacks and pricey products — is off-base. And that can make us feel worse, not better.

Kelly started coaching, teaching classes, and creating an arsenal of conscious care techniques to help women stay sane in our chaotic world. She is trained in intuitive healing, mindfulness, yoga, birth & postpartum, perinatal mental health, pediatric sleep, breastfeeding, myofascial release, and stress management. She holds a Positive Psychology certification from the Kripalu Center for Yoga and Health, a B.S. in Psychology, and completed her undergraduate thesis on mother-child interaction under Stephen Porges, the founder of Polyvagal Theory. Before founding Ritual Care, she was named one of the top three yoga teachers in Washington, DC.

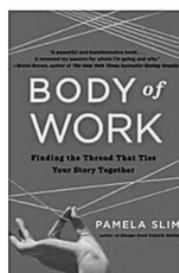
She currently lives in Provence, where she can be found hanging out with her small people by day, buried in a laptop at night, and drinking all the coffee.



SPEAKING TOPICS

- ✓ **Self-Care Isn't a Treat (It's So Much Better)** | The term "self-care" has become an overused cliché; a product-pushing panacea. But true self-care is much more powerful—and once redefined, it becomes a starting point for solving every problem.
- ✓ **Ritual Magic: The Secret to Self-Care That Works in Real Life** | The word can feel a little "woo-woo" for most of us, but modern-day rituals are effective, practical, personalizable tools that we can all practice.
- ✓ **Self-First, Not Selfish** | We've all heard "you can't give from an empty cup!" and "put your oxygen mask on before you help others." While well-intended, these analogies are problematic, rooted in the patriarchal narrative women can only take care in order to help them serve others. In fact, we do not need permission. We do not need to earn it. We are worthy of self-care simply because we exist.

AS
SEEN
IN



The Podcast

RITUALCARE.COM/PODCAST

This isn't your cliché wellness quick fix. It's a real world, calm mom life look at self-care way beyond the bubble bath. We talk about how self-care is a life skill to manage stress and energy. We chat strategies derived from intuitive healing and body-brain science. And we do it quickly—each bite-sized episode is about 5 minutes, made to fit into busy life. If you're ready to take a step today toward a new mindset, a calmer nervous system, and more mindful motherhood, press play—and let's take care together.

MOST POPULAR EPISODES

Ep161: My Schedule Makes Self-Care Impossible

Ep163: The Sleep Secret That Could Save Your Sanity

Ep173: Want More Support from Your Partner? Share This 3-Step Formula

Client Reviews

[Kelly] was incredibly insightful and constructive in a short period of time and gave tangible advice and suggestions. She was excellent.

Anonymous Attendee, Law Firm Workshop

It's like Kelly is there by your side, even if she is an ocean away. Working with her has changed my life.

Kelly L., Private Client

I am so grateful for what I have learned from her and the way this work continues to change my life.

Annie S., Private Client

The advice she gave our members is truly life changing... personally walked away with a new look at the relationship I currently have with myself.

Claire P., Sterling Parents



WHO I WORK WITH

I help women and caregivers get through tough stuff, from everyday chaos to big life transitions. As a former birth and postpartum support doula, I have a special affinity for working with other mothers on the spiritual path of parenting.

WHAT WE CAN DO TOGETHER

- ✓ Private coaching
- ✓ Podcasts
- ✓ Interviews
- ✓ Panels
- ✓ Trainings
- ✓ Workshops
- ✓ Speaking events



connect@ritualcare.com
www.ritualcare.com



CONTACT

"Throughout this journey of life we meet many people along the way. Each one has a purpose in our life. No one we meet is ever a coincidence."

- Mimi Novic

I look forward to connecting with you!

Kelly