

Media KIT

Christina Fletcher

SPIRITUAL ALIGNMENT COACH, ENERGY HEALER
AUTHOR AND HOST OF SHOWING UP WHOLE



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About Christina Fletcher

Christina Fletcher is a Spiritual Awareness coach, energy worker, author, speaker and host of the podcast Showing Up Whole. She specialises in practical spirituality and integrating inner work with outer living.

Christina is passionate in a sense of sacred wholeness, helping her clients, viewers and community find a sense of inner calm and connection so they can show up whole in the world.

Through mindset, spiritual connection, intuitive guidance, manifestation, and mindfulness techniques Christina helps her clients overcome overwhelm and shame to find a place of flow, ease, and deep heart-centered connection.

Her core belief is that each person is a spark of light, a divine energetic being having a physical experience. Children and parents are all here to shine as their truest selves.

This belief has guided her through 20 years of parenting and home education of her three, now teenage, children as well as her career as a coach and author. She lives in the UK with her husband of 20 years and their family.

Christina has been a spiritual life and parent coach for 7 years and trained in Therapeutic Touch 8 years ago. She has also studied Homeopathy, Matrix and Quantum Healing, NLP as well as majoring in Religious Studies at the University of Manitoba in Canada.

Christina also graduated from Dawson's Professional Theatre School (Dome) in Montreal Quebec, and studied film for a number of years, giving her a strong foundation in public speaking, improvisation and conversation skills.

Have Christina as a guest on your show

Christina helps too- busy- to- meditate, never stopping women align to their heart centre and develop inner guidance without retreating from their life and even if they feel they don't deserve it.



With over 25 years of study in the field of spirituality, religious studies, self development and mindset, Christina has developed a magical treasure trove of tools, practices and exercises based in practical spirituality and energy work, to help her clients show up whole in their lives.

Christina is passionate about helping women find their inner guidance and connect to their spiritual source, whatever version of spirit they resonate with. She believes each person is a unique spark of life, yet often burdened with the beliefs, roles and shoulds of the world. Therefore, she uses her knowledge and gifts to help release the layers and ignite the inner flame so often dimmed in the world of today.

Potential topics of discussion

Where Attention Goes Energy flows, so be aware of the direction of your attention.

Emotions as Indicators to Spiritual Connection and how to use your heart as guidance.

How to Listen to your heart over your head; Dispelling "shoulds" and belief clutter you've picked up getting in the way of your soul's path.

Moving from Healing to Healed and how to step into your best self.

Spiritually Aware Parenting- Shifting the role of parent to a relationship with your children

Connecting to your Spiritual Source and who you really are

Practical spirituality; You're a spiritual being having a human experience, so being spiritual is just being yourself.

Showing Up Whole: Bringing together all aspects of yourself.

With her easy manner, cheerful conversation and vibrant presence, Christina is a wonderful guest to engage conversation with.

She'll leave your guests feeling light and in flow, as well as provide them with practical steps they can use to tap into their best selves right here, right now.

About Christina's Podcast: Showing Up Whole

Christina's podcast, **Showing Up Whole**, is about to enter its third season. Focused on practical tools to help listeners bring all aspects of themselves to their daily lives, Christina offers a range of topics from understanding quantum physics in every day terms to seeing money as energy, as well as using ancient wisdom to shine light on current day challenges.

Christina's passion is to create a sense of ease around inner work. To not let the focus on healing, trauma or world challenges feel too hard of hurdle to climb, but part of the life journey you came to live.

Showing Up Whole offers listeners real conversations which acknowledge all aspects of life; mind body heart and spirit, and gives practical, yet spiritually aligned tools to create wholeness.

Christina has a gift of conversation and asking the questions that listeners want ask.

That is why she is often approached by speakers and authors from a variety of backgrounds so they can share in real conversations in a light and flowing way.

From The **Secret's Bob Doyle**, Money Mindset Expert **Denise Duffield Thomas** and Full Circle Global founder **Gillian McMichael**, Christina's interviews offer listeners a chance to listen to a heart to heart with leaders in a variety of self help topics so they can hear how they themselves are Showing Up Whole.

Interviews for Showing Up Whole last approximately 40 minutes and are audio only. They are recorded via zoom.

"I LOVE listening to Christina! She is not only inspiring... enlightening and real... but what has been most pivotal in my life is grounding! Whether she is interviewing other amazing and influential people or simply showing up as "her" I am reminded that showing up as "me" (the best version that is) is the light I have been searching for all these years! Sometimes I feel like I searched each corner and Avenue looking for what I can simply step into... Listening to Christina helps me peel back the layers of the onion to rediscover who I came here to be."

- 5 star review on Apple Podcasts

Social Media



Sample Episodes

REV with Rachal:
Interview about Spiritually
Aware Parenting



Saved by Mother Earth:
Spirituality is not a hobby



Following our passion and
Manifestation;
Beautiful Life Podcast



THE NUMBERS:



Showing Up Whole has a 5 star rating on Apple Podcasts



Christina has a dedicated email newsletter list with over a 40% open rate.

Christina's Facebook page, Spiritually Aware Living has a following of over 7000 + her fb group has over 2500 members, and an Instagram of over 1000.