



Nataly Quintero

Mindfulness Artist & Motivational Speaker

Nataly is a dedicated wellness practitioner who has dedicated her career to helping others achieve holistic wellness. Her approach is grounded in the belief that true well-being is not just physical health, but also mental and emotional balance. With a deep understanding of the mind-body connection, Nataly has successfully guided numerous individuals, groups, and organizations on a transformative journey towards self-discovery and personal growth. She is also the found and host of The Stay Grounded Podcast.

SIGNATURE TOPICS

- ✓ Women Empowerment
- ✓ Wellness and Self-care
- ✓ Managing Anxiety and Stress
- ✓ Being Your Authentic Self
- ✓ Prioritizing Mental Health in the Workplace

LET'S WORK TOGETHER!

Please feel free to contact me for any concerns or questions. I look forward to working together!

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