

Nat Kringoudis
INSPIRING WELLNESS

www.natkringoudis.com



ABOUT NAT

Alongside Nat's clinic, The Pagoda Tree, Nat Kringoudis is the industry leader in hormone health and wellness.

She is "The Hormone Revolutionist", an inspiring presenter, speaker, author and household name as well as an entrepreneurial business woman. Nat reaches out to both men and women to inspire them to be at their optimal health for the future of wellness.



Nat's mission is to educate and inspire, to take wellness to a revolutionary level. Her crusade is to facilitate greater understanding of our bodies, to allow all to make informed decisions and to encourage us to be in the drivers seat of our own health. She believes our health starts with our own awareness.



@nataliekringoudis
31.2k followers



@natkringoudis
38.8k followers



@natkringoudis
3.6k followers



@nataliekringoudis
2.7k subscribers





NAT PRESENTS

Nat presents on a range of topics including;

STRESS

It's the modern epidemic and we aren't necessarily being taught the best way to deal with it (more so it's coming at us like a speed train!). Nat not only helps reveal what stress is and where it is coming from but techniques to help us get a grip and manage it so we can continue to live the life we deserve.

EDUCATION

It's Nat's absolute vision to see all women receive as much information about themselves as possible to overcoming the current hormone imbalance wave that is affecting future generations. She believes much of what she was taught in high school couldn't have been further from what actually happens in a young woman's body.

Nat helps re-educate and revolutionise the way we see hormones and to understand that fertility isn't about babies. She dispels the myths around conditions such as PCOS and Endometriosis and draws on her clinic experience in how she gets results in treating these extremely common issues.

Nat's now championing her message in schools throughout Victoria and has received a phenomenal response.

NUTRITION

Fuel for wellness! Nat helps us understand how food is medicine. She teaches 'soy is a junk food,' helps us understand exactly what foods are necessary for hormone health and why the gut is the pivot of our health. Her current book, Well & Good demonstrates her message further.

WOMEN'S HEALTH

Unraveling the notion that we are complex beings and helping women better understand themselves, decoding the messages that our bodies share with us daily. Nat also teaches women about menopause, helping them to understand it's the 'transition' and not a condition. Supporting health through the process is the key – but it's what we do in our younger years that pave the way for the smooth overall process.

YOUR BUSINESS

Over 10 years, Nat has successfully grown two businesses – The Pagoda Tree, her wellness clinic as well as her own brand, Nat Kringsoudis. With a strong social media presence, Nat teaches the ropes of business, how to successfully create a brand, online presence as well as how to grow your own wellness practice for longevity and success.

Nat wants you to continue to access new and relevant information. To keep it coming head to her website – natkringsoudis.com

HOME BANNER AD

1920 x 757
1 WEEK / \$4,000

HOME
BUTTON AD
370 x 230
1 WEEK / \$1,500

BLOG
SIDE BAR
370 x 250
4 WEEKS / \$1,000

ALL PAGES* BANNER AD

1920 x 200
4 WEEKS / \$2,000

*EXCEPT THE HOME PAGE



ADVERTISING

NEWSLETTER IMAGE & EDITORIAL / \$1000

1 edition in our weekly newsletter + an editorial (specs: 300 x 300)
Newsletter display advertising and corresponding editorial (one paragraph, subject to Nat's approval) **Location:** Bottom half of newsletter.

NEWSLETTER / \$500 - \$850

Newsletter display advertising and text link. **Location:** Underneath weekly update posts. Website link to be added to display image. Your choice of 1 week campaign \$500 or 2 weeks campaign \$850.

*** Combined advertising packages are available. Please contact us for further information.**

SPONSORED POSTS / \$3000 plus GST

Sponsored posts are accepted for products or services that align with Nat's audience and vision. Each submission will be reviewed on an individual basis. For further information, please contact us.

***All advertising are subject to Nat's approval.**

APPEARANCES/SPEAKING

45 MINUTE KEY NOTE / \$3500 plus GST

- Deposit of \$1000 required when booking, remaining balance due 2 weeks before appearance.
- Interstate bookings require arrangement of travel, transfers and accommodation where applicable
- Charity and not-for-profit events may qualify for a discount rate
- If cancellation occurs less than 2 weeks before event, deposit will be nonrefundable

For more information, please email: info@natkringoudis.com.au



@natkringoudis

39.1k followers

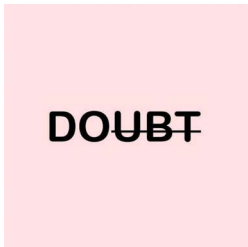
Nat Kringoudis The Hormone Revolutionist & Fertility Fixer. TCM. Dr. Best Selling Author. Ambassador YourTea & Baxter Blue. The Wellness Collective podcast.

www.natkringoudis.com/e-courses



"IT ALL BEGINS AND ENDS IN
YOUR MIND. WHAT YOU GIVE
POWER TO HAS POWER
OVER YOU"

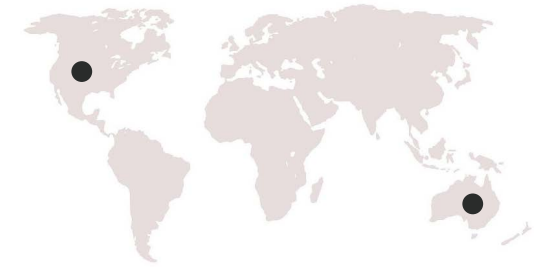
— Leon Brown



91%
FEMALES



9%
MALES



“ I make women’s hormones happier than a Pharrell Williams song. If you feel like there HAS to be another way - there is. I’m here to provide you with a second opinion. ”

-Nat Kringoudis

Singular Post - Sponsored Partnerships

INSTAGRAM POST / \$1,000

Single sponsored partnership post on Nat’s main Instagram page.

INSTAGRAM STORIES / \$500

Single sponsored partnership post on Nat’s Instagram stories.

Multiple Posts - Sponsored Partnerships

INSTAGRAM POST / FROM \$400

Multiple sponsored partnership posts on Nat’s main Instagram page.
- From \$400 per post (for 4 or more)

INSTAGRAM STORIES / \$200

Multiple sponsored partnership posts on Nat’s Instagram stories.
- From \$200 (for 4 or more)

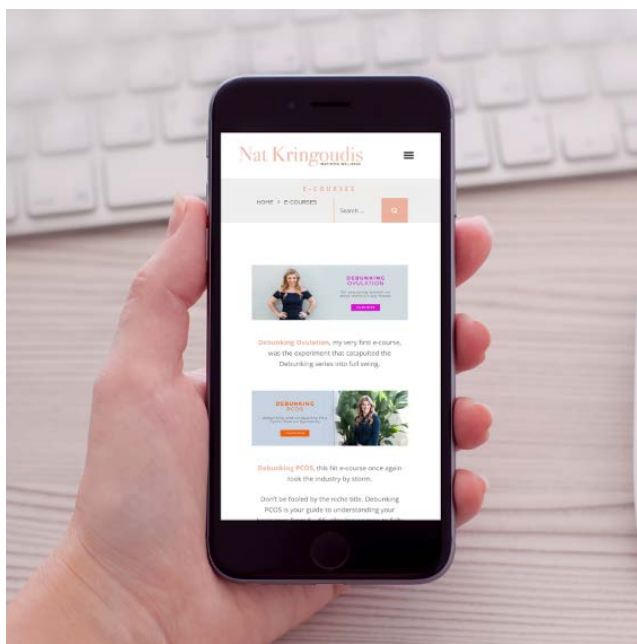


WELL & GOOD

Nat is a published author – her most recent book Well & Good is in bookstores nationally. WELL & GOOD will set you on the path of priming your body for complete hormone wellness – because fertility is far more than babies – it's about taking control of your health on all levels. WELL & GOOD is chock full of tips and recipes alongside a step-by-step how to take charge of your health and wellbeing.

E-COURSES

Nat has created 4 e-courses: Debunking Ovulation, Debunking PCOS, Debunking Stress & Debunking Your Thyroid. Each e-course allow women all around the world have been able to fully understand their bodies using the unique and yet extremely simple techniques which Nat uses, allowing them to finally take charge of their bodies.



PARTNERSHIPS

**FITNESS
& HEALTH EXPO**

LORNA JANE
ACTIVE LIVING

MindBodySpirit
FESTIVAL

nab

PROBLOGGER

PARTNERSHIPS



MINDSHARE SUMMIT



realestate.com.au

The
Wellness Summit
TWO DAYS THAT WILL CHANGE YOUR LIFE



THE PAGODA TREE

The Pagoda Tree – Nat's clinic. Nat established The Pagoda Tree www.thepagodatree.com.au from the ground up. Her team are well renowned for their expertise in woman's health and pride themselves at leaders in the industry. Helping women in their twenties to lay a gangbuster 'healthy hormone' foundation is the way forward in the world of women's health.

PUBLICATIONS

Nat has written for various publications including Vogue, Marie Claire, Body + Soul, Cosmo health, Cosmo pregnancy, and has appeared on both The Morning Show and The Daily Edition as their natural health expert. "I help women ditch the stress, the confusion and the endless disappointment, to give their temple the love and attention it deserves."





LET'S WORK TOGETHER

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