



Cristie Shuttleworth

Womens Holistic Lifestyle Coach
Clinical and Conversational Hypnotherapist
Founder, My Own Kind est. 2009

Qualifications

- Holistic Lifestyle Coach L1 (Paul Chek Institute)
- MyMT™ Menopause Health Coach
- Neuro-linguistic Programming & Timeline Therapy™ Master Practitioner
- Clinical and Conversational Hypnotherapist, Diploma
- Functional Medicine Mentorship (2019-2023, Functional Medicine Services)
- Menofitness Certificate – Health and fitness for pre, peri and post-menopause
- Reiki I & II
- Pre & Post-Natal Health and Fitness
- Certificate III & IV in Fitness, Master Trainer
- Rehab Trainer and Master Rehab Trainer