

# ABBIE STASIOR



**MEDIA KIT**

**2023**



# hey y'all, I'm Abbie...

NON-DIET DIETITIAN

Abbie Stasior MS, RD, CIEC is a Non-Diet Registered Dietitian, Certified Intuitive Eating Counselor, and a Master's graduate from Columbia University. In 2018, she founded Be About Being Better, a non-diet coaching company specializing in helping individuals develop a sustainable and diet-free healthy lifestyle through an Intuitive Eating and Health At Every Size (HAES) approach.

With a passion for research, Abbie is a published researcher and has been featured in notable media outlets such as Medium, Thrive Global, and Brainz Magazine. She has also been a sought-after guest on various podcasts, sharing her expertise and insights. With Abbie's guidance and expertise, you can embark on a journey of self-discovery, nourishment, and empowerment, freeing yourself from diet culture and embracing a more joyful and vibrant life.

as seen in   |  

  

[www.beaboutbeingbetter.com](http://www.beaboutbeingbetter.com)



## STORY OF BE ABOUT BEING BETTER

BABB is a non-diet health coaching company where we help people heal their relationship with food and their bodies to live a better, more vibrant life! We work with busy, high-achieving individuals that want to break away from diet culture for good and support them in laying down a new foundation for healthy living that is evidence-based and sustainable.

By optimizing their healthy habits and ditching the diet mentality, our clients use health as leverage to feel their best, so that they can show up better in other areas of their life in order to make an impact.

### SOCIAL MEDIA STATISTICS

13.9K

INSTAGRAM  
FOLLOWERS



750K  
IMPRESSIONS

36K

TIKTOK  
FOLLOWERS



1.2K  
PRIVATE  
GROUP

7K

EMAIL  
SUBSCRIBERS



54K MONTHLY  
VIEWS



4,000  
FRIENDS

**FOR BOOKINGS/PR CONTACT:**  
[support@beaboutbeingbetter.com](mailto:support@beaboutbeingbetter.com)

# Seeking Media Opportunities:

- Podcasts
- Speaking Gigs
- TV Interviews/Talk Shows
- Magazine Covers/Spreads
- Blog Features



# Signature Talks:

## How to...

- Stop Dieting & Start Intuitively Eating
- Easy & Sustainable Healthy Living
- Starting an Online Business
- Building Confidence & Body Image
- Optimize Hormones & Period Health
- Biblical Truth in the Health Industry
- Nutrition Tips for Health Conditions

# Testimonials:

*"Abbie was a Speaker at my 'She Rises in the Media' Online Conference in July 2020 and I can truly say that she shined brightly in our Conference. I totally recommend hiring Abbie, as you'll completely love working with her."*

-Queen Chioma Nworgu



# Let's team up!

## SOME FUN FACTS ABOUT ME...

- MY RED HAIR IS NATURAL
- I TRAINED IN CLASSICAL BALLET FOR 14 YEARS, WENT TO COLLEGE FOR DANCE, & THEN SWITCHED MY MAJOR TO NEUROSCIENCE
- I HATE PIZZA (I PREFER TO EAT FOODS WITH A FORK & KNIFE)
- I LOVE TO PLAY GOLF AND CAN DRIVE 180 YARDS
- I WILL TRY *ANYTHING* MATCHA OR CHAI
- I'M AN OVERACHIEVER EVERY DAY OF THE WEEK
- MY MOOD IS AS GOOD AS MY HAIR LOOKS THAT DAY
- I HAVE DANCE PARTIES TO RE-ENERGIZE IN BETWEEN ZOOM CALLS
- I START EACH DAY CONNECTING WITH MY FAITH THROUGH DEVOTIONALS
- ALSO JOURNALING EACH MORNING IS A NON-NEGOTIABLE FOR ME
- I THINK THIN MINTS ARE THE SUPERIOR GIRL SCOUT COOKIE (FACT NOT DEBATE)
- I LOVE MAKING PEOPLE LAUGH
- I BELIEVE THAT OUR POWER IS IN "THE PAUSE" (NOT JUST IN SALES BUT IN LIFE, WE NEED TO TAKE MORE BREAKS TO BE SUCCESSFUL)



# How To Book

## LET'S DO THIS!

All events and collaborations are scheduled on a first come, first serve basis.

To collaborate, please email [support@beaboutbeingbetter.com](mailto:support@beaboutbeingbetter.com) and include the opportunity, your website, and what you envision for the collaboration!

Please allow 5-7 business days for a reply. I'm so excited to team up with you and work together!



[@ABBIE.STASIOR](#)



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