



Anahi Ortiz-Prieto
The Self-Worth Coach

SOCIAL MEDIA PROFILE

PROFESSIONAL PROFILE

Who is Anahi?

Anahi, also known as **The Self-Worth Coach**, is an Empowerment & Mindset Coach, Chef and Nutrition Consultant who believes everyone deserves pleasure, purpose and joy in life... specially women! Her goal is to support her clients, followers and anyone who would linger for long enough, in defining life on their own terms, and that includes choosing the best foods, movement and thoughts to get them to accomplish and be all they want no matter who they are, where they live, their size or beliefs through her Holistic Nourishment approach.

Her work combines nutrition and nourishment, emotional empowerment, mindful living, intentional action and inspiring relational work to obtain a full, rich and vibrant experience in life regardless of personal labels, geographic locations and stages in life.

Anahi's focus is mainly on new and expert mothers, but her empowering message resonates with culturally and socially diverse women... from ALL over the world.

Social & Professional Credentials

- Holistic Nutrition Consultant
- Paleo/Keto Chef and Recipe Developer
- Joyful Motherhood Mentor
- Empowered Womanhood Advocate
- Relational Mindfulness Coach
- Int'l Bestselling Author
- Mom, Wife & Coffee Lover

FACTS & NUMBERS

10,840

Instagram Followers

77%

Female Instagram Followers

72%

Women between 25-44 years

3,168

Reach per Week on Instagram

48,492

Impressions on Instagram

3,243

Facebook Followers

86%

Female Facebook Followers

1,258

Reach per Week on Facebook

1,233

Engagement per Week on Facebook