

Katherine Kier

Creative Designer




Katherine has been a part of the Strategic Wellbeing team since 2021, responsible for creating the supporting documents that accompany programmes and services, including quick reference guides and training materials.


As a creative designer, she understands that living in a world full of information can be overwhelming. Consequently, she utilises the power of visual appeal to deliver easily digestible content for clients, delegates and employees.


With a personal passion for health & wellbeing, she has experience working as a fasting coach, introducing the power of cleansing & detoxification to people who struggle with unhealthy eating habits.

She now lives in Costa Rica as a creative consultant and a foundational wellness coach.

Get in touch

 02038 742 576

 info@strategicwellbeing.com

 85 Great Portland Street,
First Floor,
London, W1W 7LT