
Nutrition
for
Whole-Person
Wellness
















KTLA 5 NEWS
KTLA 5 NEWS
THE REAL REASON YOU'RE NOT LOSING WEIGHT
WITH CERTIFIED HEALTH COACH, KIMBERLY LOU
MORNING NEWS
WEATHER
Dana Point 63°
58°
structure then you can have it every, day
you just have to do the right thing






BECOMING
WHO
YOU'RE
MEANT
TO BE
KIMBERLY LOU

1 MEDIA KIT



2 ABOUT KIMBERLY LOU



Dr. Kimberly Lou, PhD, LAADC

Kimberly Lou, PhD, is an educator, mentor, entrepreneur, and founder whose work is deeply rooted in her personal journey through trauma, addiction, recovery, and resilience. By combining lived experience with advanced education in psychology, addiction, and trauma, she is dedicated to helping individuals and families heal, grow, and create lasting change.

As the founder of Guiding Hands Healthcare and Guiding With Care, Kimberly Lou leads two organizations united by a commitment to service and compassion. Guiding Hands Healthcare focuses on ethical, person-centered care, while Guiding With Care provides guidance and support to first responders.

Kimberly Lou is equally passionate about empowering women to recognize their strengths, embrace their potential, and lead with confidence. Drawing from her own experiences, she inspires women to transform life's challenges into opportunities, turn their ambitions into meaningful ventures, and create success that aligns with who they truly are.

Above all, Kimberly Lou considers her greatest accomplishment to be being Summer's mom. She believes that our past does not have to define our future and that even life's most difficult experiences can become the foundation for extraordinary growth.

"If you're going to tell a story of your life, make it a good one." — KIMBERLY LOU

HEAL · GROW · THRIVE · EMPOWER · GIVE BACK

3 PROGRAMS & SPEAKING TOPICS

INSPIRING CONVERSATIONS. REAL CHANGE.

Dr. Kimberly Lou combines expertise, lived experience, and compelling storytelling to educate, empower, and transform the way people understand recovery, resilience, and personal growth.



MENTAL HEALTH & WELLNESS

Building resilience through recovery support, holistic therapies, and wellness programs.



TRAUMA & RECOVERY

From survival to thriving—transforming trauma into growth.



MINDFULNESS & SELF-DEVELOPMENT

Building a more authentic, purpose-driven life.



ADDICTION & SUBSTANCE ABUSE

Breaking stigma and rebuilding pathways to lasting change.



MENTAL HEALTH & EMPOWERMENT

Promoting self-advocacy, and well-being through education, support, and resilience-building.



INTEGRATIVE WELLNESS

Mind, body, and spirit approaches for a healthier, more whole life.

KEYNOTE SPEAKING · WORKSHOPS & TRAININGS · PANELS & INTERVIEWS · VIRTUAL & ON-SITE PROGRAMS

4 MEDIA & PUBLIC APPEARANCES

NATIONALLY FEATURED MENTAL HEALTH & WELLNESS EXPERT

AS SEEN ON

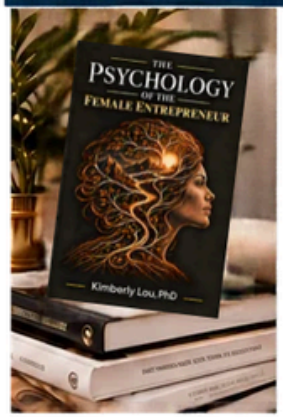
msnbc · TALK365 · NBC NEWS · WBOC 16 NEWS · Daily Herald · BuzzFeed · Authority Magazine · [BN] · Dr. Phil



Kimberly Lou's message is real, relatable, and powerful:

She believes that what got you here won't get you there. The very patterns that helped us survive may be the same ones keeping us from thriving. Real growth begins when we recognize what is holding us back and learn to let go of what no longer serves us.

5 AUTHOR, ENTREPRENEUR & FOUNDER



AUTHOR
Kimberly Lou's writing explores the psychology of success, overcoming limiting beliefs, and the unconscious patterns that shape our lives. She encourages readers to break free from what holds them back, and embrace their potential.

ENTREPRENEUR
Building purpose-driven organizations that advance behavioral health, professional development, and compassionate, person-centered care.

ADVOCATE
Breaking stigma surrounding mental health and substance use while promoting access to recovery support, education, and wellness services.

MENTOR
Empowering groups and professionals to build resilience, strengthen leadership skills, and create lasting change.



PROGRESS | PURPOSE | POSSIBILITIES | BE YOU

6 LET'S WORK TOGETHER

SPEAK. COLLABORATE. CREATE CHANGE.

Bring Kimberly Lou to Your Next Event

For speaking engagements, media inquiries, partnerships, or collaborations, please reach out.

www.kimberlylou.com
kim@kimberlylou.com
(949) 397-7902
Available for in-person and virtual events

FOLLOW KIMBERLY LOU

14.5K Instagram Followers · 10.0K Facebook Followers · 7.25K Youtube Subscribers

