Sheila Keilty

INTERNATIONAL SPEAKER | AUTHOR | CREATOR OF THE REBOOT METHOD ™

Sheila Keity is an internationally recognized Optimal Health Expert with over a decade of experience and more than 20,000 hours dedicated to coaching women toward transformative health and vitality. As a Board-Certified Master Health & Wellness Coach, Gut Microbiome Specialist, and Mindfulness Meditation Instructor, Sheila combines science-backed strategies with compassionate guidance to empower lasting change.

Her journey is nothing short of inspiring: Sheila overcame debilitating chronic illnesses, transitioned from reliance on an electric wheelchair, and released over 130 pounds — maintaining her health transformation to this day. This personal triumph fuels her passion and informs her holistic approach to wellness.

Through her signature framework, *The Reboot Method,*™ Sheila has guided thousands of women to reclaim their health, shed stubborn weight, and embrace a life of limitless energy, possibility, and confidence. Her programs are renowned for their evidence-based methodologies and personalized support, helping clients break free from endless cycles of dieting and dis-ease.



AS FEATURED IN FOX abc NBC CBS

SUGGESTED TOPICS

- **Power Up Your Next Chapter:** How to Become the Woman Who's Ready for Whatever Comes Next
- **The 1 Career Advantage No One Talks About:** The Role of Your Health Plays in Defining Your Confidence, Performance & Professional Success
- **Food Noise Ends Here:** The Science Behind Natural Hormonal Weight Loss Without Dieting
- **Ready Is a Decision:** The Mindset Shift That Changes Everything
- ***The Reboot Method***™: How Small Daily Decisions Create Extraordinary Transformations
- **What Big Pharma Got Right:** How to Get the GLP-1 Effect (Without the Shots)

SUGGESTED QUESTIONS

- What does it really mean to "Power Up Your Next Chapter?"
- Why do so many successful women still feel stuck, exhausted, or not ready for what's next?
- You transformed your own life after extraordinary health challenges. What changed everything?
- Why do you believe health is one of the greatest untapped career and leadership advantages?
- What is The Reboot Method™ and why does it succeed where traditional approaches often fail?
- If you could give every audience one piece of advice for becoming "ready for whatever comes next," what would it be?

WHAT MAKES SHEILA UNIQUE

- **Lived It. Transformed It:** Overcame debilitating chronic illnesses, left the wheelchair, and released 130+ pounds maintaining her results.
- **Science-Backed: Compassion-Led:** Board-certified expert who blends cutting-edge science with heart.
- **Proven Framework:** *The Reboot Method* ™ helps women create lasting results through small daily choices.
- **Trusted by Thousands:** 20,000+ coaching hours and thousands of women transformed.

CONNECT WITH SHEILA

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