

MEET THE PEOPLE SHAPING NURIA



Jenn Smukler

Founding Partner & Coach

Board Certified Holistic Health Coach

*The Global Women's
Health Club*

Understanding that becomes everyday action.

Jenn brings a practical, personal approach to women's health coaching, helping women make sense of changes in their bodies and translate that understanding into realistic, sustainable action.

Her work spans hormonal wellbeing, PCOS/PCOM, perimenopause, nutrition, stress, movement and behaviour change. She creates space for women to explore what matters to them and build habits that fit their lives.

As a Founding Partner & Coach at Nuria Life, Jenn helps shape the health journeys, coaching experience and programming, alongside her work supporting women directly.

AREAS OF FOCUS

Women's health • PCOS/PCOM • Perimenopause
Hormonal wellbeing • Nutrition • Stress • Behaviour change

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