



Petra
Brunnbauer

Wellbeing Coach & Podcast Host

Petra Brunnbauer is a Wellbeing Coach, podcast host, and the Creator of The Jörni Wellbeing Platform. After spending over a decade as a Management Executive in Canada, Petra relocated to France in 2017.

In 2019, she created The Jörni after a transformative personal experience inspired her to continue her own journey of healing, and personal development in psychology and mental health.

As the host of the globally-ranked Jörni Podcast, writer for the Jörni Blog, and Executive Contributor for Brainz Magazine, Petra shares her insights on holistic healing and mental health. Petra is also the creator and host of the annual Holistic Wellbeing Summit.

Petra supports women on their journey of healing from stress, burnout, and chronic pain. Her mission is to empower individuals across the globe to reclaim their mental, physical, and emotional wellbeing and to make holistic healing accessible for everyone.



Petra is a recognized voice in the wellbeing community, having contributed as a guest speaker on numerous podcasts and engaged as both moderator and panelist in a variety of panel discussions. Her contributions enrich dialogues with expert insights into holistic health and offer audiences actionable strategies and a deeper understanding of wellbeing.

THE JÖRNI

The Jörni offers comprehensive online coaching programs, masterminds, a podcast, blog, virtual summits, and many resources to support individuals in their journey to better mental, physical, and emotional wellbeing. Incorporating proven techniques such as yoga, meditation, EFT, hypnosis, coherence, and energy healing, the platform is designed to be an expansive resource for individuals looking to improve their overall health and happiness.

TALKING POINTS

- ✓ Holistic Wellbeing
- ✓ Living in a Burnout Culture
- ✓ Mental Health & Holistic Healing
- ✓ Purpose and Wellbeing
- ✓ Living Your Authentic Self
- ✓ Chronic Pain



Please feel free to reach out for any questions.

Get in Touch!

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