



# Christine Arylo

## Inspirational Catalyst

author • coach • speaker • self-love expert

# Fact Sheet

### Personal

- Grew up as a Chicago South-Side girl (but always a devoted Cubs fan).
- Ran away to San Francisco after graduate school (at the age of 33) to live the California lifestyle.
- Born on Feb 17<sup>th</sup>, 1971. An Aquarian, double Scorpio, which means she has big ideas and can't help but express them with intensity and passion.
- Married to second best friend, Noah (cuz she is her first!). Dog mommy to Nanook the Siberian Husky.
- Most proud of the fact that after her life fell apart at the age of 30, she never again let fear get in the way of going after what her soul truly wants.

### School & Experience

- M.B.A., Kellogg School of Management, Northwestern University
- B.S., DePaul University
- Certified Coach, Coaches Training Institute
- Former marketing maven: spent 12 years building brand images for big brands like Visa, Frito-Lay and Gap
- "Less traditional training:" no university offers a degree in "inspirational catalyst." That training came by studying with masters like a Hawaiian Shaman, a feminine mystery teacher, a world-class leadership expert and a whole lot more.

### Professional

- Highly regarded inspirational catalyst for women – author, speaker, coach, provocateur of conversation.
- Founder and Chief Girltalker at Girltalk... taking it deeper™ [www.letsgirltalk.com](http://www.letsgirltalk.com), Sassy, soulful and real conversations about the topics matter most to women.
- Founder of Madly in Love with ME™, an international movement that inspires and dares women & girls to be, love and live their most real and wise self. [www.madlyinlovewithme.com](http://www.madlyinlovewithme.com)
- Author of the book Choosing ME before WE, The Every Woman's Guide to Life and Love, the coaching program Create Fabulous Friendships, and the Madly in Love with ME™ Self-Love Starter kit.

### Activities

- Recovering Achievement Junkie. Now teaches other women how to balance their drive for success and need to 'do it all' with getting the happiness they actually want.
- Lover of All Things Inspiring. Loves to be inspired, in fact, might just be an inspiration junkie too!
- Dancer. From ballroom to trance dancing to tap, she loves to move. Most inspired by India Arie.
- Wanna Be Yogini. Spends much time in yoga studio, but still can't do a handstand.
- Lover of Tasty Things. Known to love red wine and rich food paired with dynamic and flavorful conversation... the spicier the better.
- Bridger of Worlds. As likely to find her at Bloomingdales as you are to find her at an Ashram or discussing the state of the world with a Balinese mystic or a C.E.O..