

# Eileen Robertson Hamra

- Author
- Speaker
- Philanthropist
- CEO of Fit Together, LLC



## ABOUT EILEEN

Eileen Robertson Hamra is an author, speaker, philanthropist, yoga instructor, and impact investor. As CEO of Fit Together, LLC, Eileen provides lifestyle and business coaching to individuals and companies looking to explore and expand what is possible for themselves, their businesses, and the future of the planet. Eileen lives in Springfield, MO with her four children, husband, and big dog.

## SNAPSHOT OF SERVICES



Speaking



Retreats



Yoga



# Speaking

Whether you're looking to inform, inspire, educate or simply entertain your guests, Eileen can help you make the most out of your time with a well-crafted and thoughtfully curated speech that will leave a lasting impression on your audience.

## TOPICS

- Grief & Healing
- Entrepreneurship
- Personal Wellness
- Personal Development



## AVENUES

- Conferences
- Podcasts
- Retreats
- Gatherings of any size

# LISTEN & WATCH

## Podcast Features

[Death by Design](#)

[Dave, the Caregiver's Caregiver](#)

[Open to Hope](#)

[Love Talk Live](#)

[Dying of Laughter](#)

[Lifestyle Locker Inc.](#)

## Time To Fly Book Tour

[TTF Book Tour Highlights](#)

## Keynote



# Yoga

Eileen believes in bringing a practical, holistic and humanistic approach to everything she does. Eileen is a certified yoga instructor and has led yoga sessions at events across the country and is able to customize classes based on skill level and available time frame.

Whether you're looking to add a few moments of relaxation or an hour of yoga instruction as part of your event, Eileen will be able to provide professional and engaging sessions that are tailored to your needs.

## YOGA SESSIONS FOR:

- Retreats
- Conferences
- Wellness Studios
- Non-Profit Organizations
- Business Events/Conferences





# Retreat Leadership

- Retreat Session Leadership
- Retreat Wellness Workshops
- Retreat Yoga Instructor



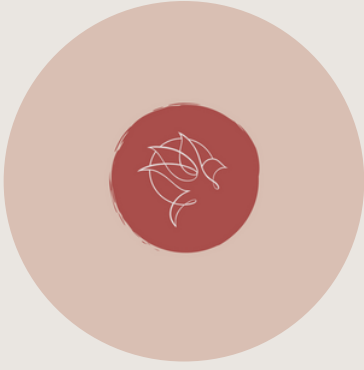
Eileen is an experienced and passionate wellness retreat host. She has worked with other impactful leaders in the wellness space to create dynamic retreat experiences.

Eileen's unique approach allows individuals to cultivate a sense of belonging and connection through intentional practices such as yoga, meditation, journaling, or mindfulness activities.

Through her engaging and interactive sessions, participants learn how to take what they've gained back into their daily lives in order to create lasting change.



# Annual Retreats



TIME to FLY Wellness Retreat  
OCT 15 - 21, 2023



Creative Passage Writers Retreat  
NOV 12 - 18, 2023



Loving With Wisdom Retreat  
MARCH 3 - 9, 2024

[LEARN ABOUT ALL RETREATS HERE](#)



# TIME to FLY: Life & Love After Loss

*The Memoir*



We don't always have control over what happens to us, but I believe we do get to write the story we tell about it. With the intention of helping others tap their own inner strength, I wrote my memoir, *Time to Fly: Life & Love After Loss*.

Learn more about TIME to FLY [HERE](#).



"The life I had envisioned disappeared overnight, and what has happened since is beyond anything I thought possible."

EILEEN ROBERTSON HAMRA,  
TIME TO FLY

# What TIME to FLY Readers are Saying:

Hamra's story reminds us that even the savagery of traumatic grief can be the lens through which new life emerges on all fronts. Her story is a source of pride for all who have been cruelly initiated into the wounded healers club - it poetically renders us agents of human transformation.

**-Morgan Maxwell**

A powerful and inspiring read. Eileen's journey is incredible, heartbreaking, uplifting, and teaches the reader that "hope is believing" and throughout whatever struggle you face there is going to be another sunrise. I read this book in a matter of hours - it's a cannot put it down book.

**-Anonymous Reader**

I finished the book in 3 days. I've cried or teared up no less 100 times. This book is powerful and moving and motivating and hopeful. I've never experienced the type of loss Eileen has but I've had plenty of different losses in my life that this resonated with so deeply. This really is about family, about love, about the realness of pain and tragedy.

As a prior Licensed Professional Counselor I would recommend this book to any of my past clients that had struggled with moving forward from tragedy, loss, or grief.

**-Michael D**





# CONTACT & SOCIALS

Please email Eileen for  
bookings & inquiries

## Eileen Robertson Hamra



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