

Lottie Ryan

Press and Media Kit

www.LottieRyan.com

Facts About Lottie

- Mom of two boys, aged 13 and 11.
- 40 years old. Lottie and her husband were the last people to legally marry in the 20th Century in the UK, at 4pm on December 31st 1999, aged 25 and 23. They met two years previous.
- Lottie was finally diagnosed with Ulcerative Colitis, aged 24, having been symptomatic since the age of 21.
- Lottie is the oldest of eight children from the same parents - a fact that seems to be of fascination to many people!
- In 2008 aged 32 Lottie had a Total Colectomy with Ileo-Anal Anastomosis (my colon and rectum removed and a JPouch formed from my small intestine, with a temporary ileostomy bag). I was seriously ill prior to and after this surgery, due to pain management complications.
- In 2013 aged 37 Lottie had a further major surgery to remove part of her small intestine - a Small Bowel Resection. This surgery was dramatic and nearly killed her.
- Lottie is one of less than 1 per cent of the population that is naturally narcotic resistant - hence the reason she didn't do well after either of her major surgeries.
- Lottie emigrated from the UK to California, USA, in 2010 to make a fresh start after many years of illness and major surgery.
- To celebrate the rediscovery of her body post bowel disease and bowel surgeries, Lottie became a published vintage pinup model - links to articles and pictures are included in this pack
- Lottie has been running a thriving coaching practice for women since 2015, and blogging and writing articles for various publications and websites.
- Lottie has raised many hundreds of thousands of dollars for charity through her years as a professional fundraiser, and her ongoing voluntary/community work which she continues to be committed to through her business and personal endeavors.

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Long Bio

Lottie Ryan is a life, business and mindset coach supporting women to rediscover and honor who they uniquely are. Through writing and coaching Lottie works with women to help them find the magic of their existence and connect with the inner and outer tools they need to embrace who they really are, to create a life that is true.

Lottie is an expert in connection, coaching women to connect with their true self through inner exploration of stories, emotions and old narratives as well as mentoring them to adopt nurturing self-care practices and learn new mindsets and ways of being that more fully support their life.

She is a community organizer and connector, building motivated groups and circles of women to help connect them in life and business. She regularly hosts inspiring workshops, masterminds and events.

Lottie has lived through many years of serious illness (Ulcerative Colitis), and undergone a number of challenging medical treatments including chemotherapies and biologic therapies, as well as major surgeries that have nearly ended her life.

She has learned to always focus on what she can do, and to take one step at a time.

Lottie has had many articles published online and in printed media, as well as numerous photographs that document her adventures into vintage modeling as she worked on her own rediscovery.

She especially loves to make people laugh with her storytelling, though truthfully people tend to mostly laugh at her talent for confusing idioms and figures of speech. These have only got more hilarious as she combines her British Midlands with Californian, developing a, shall we say, poetic approach to English. in 2017 her first book will be published.

She's a mom of two young boys who are now old enough to ponder their mom's latest "mad ideas" and her husband still feels apprehensive as she reels off her plans for yet another global adventure.

Alongside her penchant for adventures, Lottie is actually quite the introvert and when not coaching or writing, tends to be camped out on the sofa, watching the latest Netflix series whilst crocheting.

As a professional fundraiser and committed philanthropist Lottie has a history of great charitable endeavors, but perhaps her greatest yet is that she's found a way to indulge in her Netflix addiction for the good of others – in 2017 she's committed to knit or crochet 5 items a month for refugees and the homeless!

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Short Bio

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A committed philanthropist, activist and community organizer Lottie can be found frequently organizing events, gatherings and action based on her values and beliefs.

Micro Bio

Lottie Ryan supports women to Rediscover themselves (Rediscover YOU), be connected and create a life that's true.