



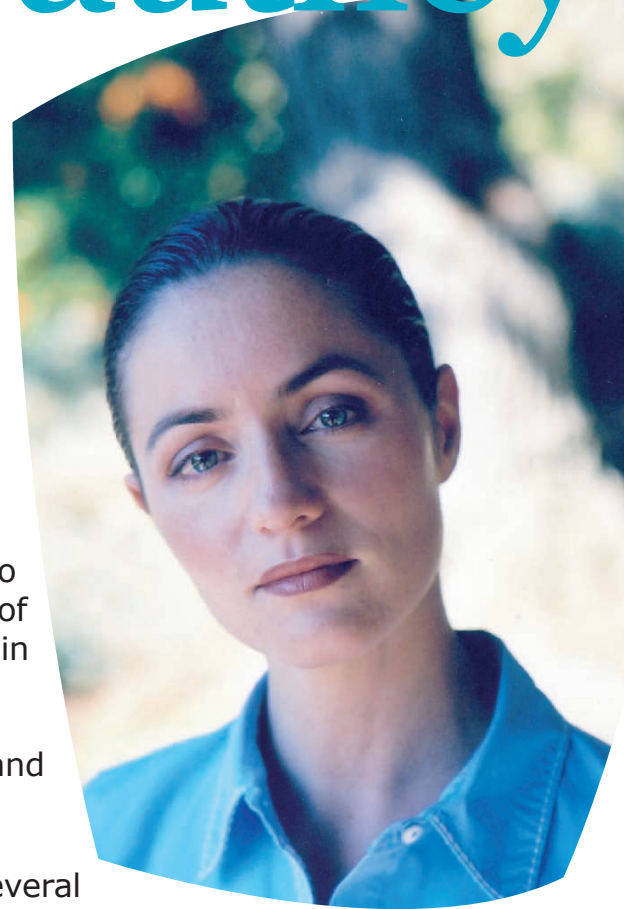
Valerie Orsoni-Vauthey

Helping you achieve your goals

Since 1992, Valerie Orsoni-Vauthey, Master Certified Coach, has been providing life, business and weight-loss coaching to hundreds of successful clients. She is the CEO and Founder of the fastest-growing and most successful coaching company in North America and Europe: MyPrivateCoach. She is an inspirational, results-oriented, dynamic, and sought-after international speaker on motivation, nutrition, and healthy and permanent weight loss.

Valerie is the author of numerous articles and e-books on several health-related topics, including: how to get in shape, resist fads, and be healthily toned and thin. Some of her work includes "The Ultimate Daily Fitness and Diet Log", "How to Get in Shape without Sweating", and "How to Succeed in a Macho World".

In addition, she is the author and co-author of 3 books including: "Doc & Petunia Bust the Myths", a book on diet myths with a team of research assistants and Stanford Medical School's prominent head of Family Medical Practice, Dr. Samuel Lebaron; "Cracking the Weight Loss Code", and "30 day Bootcamp: Your Ultimate Weight Loss Plan".





A permanent guest of the acclaimed "Good Life Show", hosted by Jesse Dylan and syndicated on 30 radio stations across the USA and Canada, Valerie's dream is to bring awareness and knowledge to the public when it comes to being a successful dieter. Featured in several audio and printed media ("Do the Dreams" radio show, "The Good Life" show, Silicon Valley Business Journal, LA.com, The Average Girl Magazine, etc.), Valerie shares her insights and knowledge with a growing number of faithful followers, including members from the medical community.



Valerie is also the President of the Silicon Valley Coachville Chapter, a Founding Member of the International Association of Coaches, a member of the Alumni Association of Hartford Business School, the National Mental Health Association, the Global Reiki Association, the Ryze Network, the South Asian Public Health Association, and the E-Commerce Benchmarking Association.



Originally from Corsica, home of the Mediterranean diet, Valerie now lives with her family in sunny Silicon Valley.

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