



your freedom
EMPIRE

LOUISE PRATLEY TRAINER PROFILE





A LITTLE BIT ABOUT ME

I am a registered Osteopath and sports masseuse based in the South West working at Osteo & Physio. I graduated with first class honors from the European School of Osteopathy, received top academic and practical awards, and was awarded the Rising Star Award from the Institute of Osteopathy.

Since working for the Osteo & Physio clinics I have become the online creator with the aim of increasing awareness of Osteopathy throughout the UK. This has been achieved through my Osteo & Physio Youtube Channel & my Vlog series 'Wednesday Wisdom'.

I am also the founder of Osteo & Physio Events, a company I established with the aim to inspire individuals to look after their physical well-being in all aspects of their life, including working environments. This is achieved through workplace seminars and Osteopathic treatment.

I have also created Ebooks and online courses to spread the message of Osteopathy to fitness professionals, and have designed online courses for Performance Training Academy on anatomy, diagnosis and osteopathic management.

In addition to this, I co-founded Ultimate Mind and Body transformation providing seminars and online webinars about the connection between the mind and body and how understanding this is essential for optimal health and well-being.

Hello

Passion

My passion for fitness encourages me to push myself beyond my perceived physical limits. One of the toughest things I have accomplished to date was competing in my first stage bikini competition. Although it looks glamorous on stage, achieving peak physical fitness and performance was grueling. The training days were long I followed an incredibly strict diet. This experience gave me a far deeper understanding on why discipline and motivation are so fundamentally important to success.

Additionally, I am passionate about designing exercise and rehabilitation programs tailored to each individual, empowering them to move past their own personal history and achieve more for their body than they ever thought possible.



ADVENTURE AND BEYOND

I have an immense desire for adventure and regularly embark on epic cycling adventures throughout Europe. Trips have consisted of cycling from Dunkirk to Croatia, cycling through the Loire Valley in France, and also tackling the peaks of the mountains in Mallorca. Personal development is also incredibly important to me and I thrive on learning and growing. It is imperative that one who wishes to succeed must grow as an individual to make an impact in the world.

Skill Set

MY SKILL SET INCLUDES

- ✓ Expert knowledge on the musculoskeletal system
- ✓ Diagnosis and treatment of common conditions
- ✓ Tailored fitness and rehabilitation programs
- ✓ Creative strategies to transform physical & mental performance



Thank
you