



# Georgie Crawford

*Women's Health and Cancer Awareness*



Her mission is to inspire people to live more fulfilled lives by prioritising their health. Her podcast The Good Glow has been downloaded more than 10 million times and has inspired her spin off podcasts Soul Sisters, Better Days and The Good Glow Health. Her debut book Glow is a number 1 bestseller and her online courses have been completed by thousands of people.

The Good Glow was created in Georgie's recovery from breast cancer in 2019 with her own health transformation inspiring her brand. Having worked in media since leaving college, Georgie decided to use her experience to create her own media business, and hence The Good Glow was born. What started as a passion project at her desk in a radio station has now turned into one of Ireland's leading Health and Wellness brands.

With over 20 years experience in the media landscape in Ireland and the UK, Georgie's husband Jamie joined The Good Glow as CEO in 2020 to develop and grow the brand. Together they present talks, workshops and created bespoke wellness programmes for corporate giants such as Google, Meta, KPMG, Accenture, PWC, L'oreal, Coty and many more, while also hosting her own sold out shows every year in Ireland's iconic and prestigious National Concert Hall.