

WWW.CLAIREBAKER.COM

Media & Collaborations



CONTACT

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Claire Baker Bio

Claire Baker is a sought-after period coach, author and speaker. For nearly a decade Claire has taught thousands of women how to live in harmony with their menstrual cycle, rather than working against it. Claire believes menstrual cycle awareness is the missing key in women's wellbeing, empowerment and creativity, and her immersive online courses and workshops inspire women to know their flow and become the authority in their own lives. Claire's online program Adore Your Cycle has students in over 35 countries.

With a background in visual arts and creative business, Claire is a certified health and life coach, has studied Menstruality Leadership and is trained as a natural fertility teacher. Known for her authentic voice and ability to 'make periods fun', Claire is regularly featured in publications such as Red, Glamour, and Women's Health magazine. Originally from Australia, Claire now lives in sunny East London and spends her days coaching, teaching, writing, dancing and being as close to trees as she possibly can. Take Claire's [free cycle masterclass](#) or say hello on [Instagram](#).

Print & Media

In 2018 Red magazine (UK) ran a feature, ‘Does Your Period Make You Feel Like This?’ which detailed features writer Cyan Turan’s experience of working with Claire as her menstrual coach, with a hugely positive response in their readership. Women’s Health magazine (UK) then re-purposed the feature as ‘Period Coaching: Does It Work In Real Life?’ (the verdict: yes!)

Claire has been interviewed on the top-rated Goal Digger podcast with Jenna Kutcher (a US show with over 25 million downloads) and in 2019 WeTransfer commissioned an article on periods and productivity for their content platform with a monthly readership in the millions. Claire has recently written for METRO and has been featured in Glamour magazine, The Telegraph and more.

[DOWNLOAD MEDIA
IMAGES HERE](#)

Speaking & Events

In 2018 Claire taught a room of 100+ women ‘how to live by your menstrual cycle’ at Superlatively Rude Live and in 2019 London advertising agency M&C Saatchi brought Claire in to lead menstrual cycle awareness workshops for their team on International Women’s Day. Claire spoke on a hormonal health panel at the first Women’s Health Live event later that year and has upcoming events in 2020 with Soho Farmhouse and more.



“When Claire spoke at my event, she blew the room of 100 women away. Many freely admitted they were skeptical about what they could learn about their periods, but every hand shot up with questions after hearing her wisdom, and she was the talk of the event (and social media!) afterwards.”

– Laura Jane Williams, UK



Collaboration Opportunities

ARTICLE & BLOG WRITING

£1 per word with a 500-word minimum.

SPEAKING & EVENTS

Please [contact our team](#) to request speaker fees.

Audience

Women make up 94% of Claire's audience and the core demographic (49%) is aged 25 - 34, with those aged 35 - 44 a close second. They are interested in health, menstrual cycle awareness, personal development, sexuality and empowered living.

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23.1K FOLLOWERS



4.8K + 1K
PRIVATE GROUP



7K MONTHLY
VIEWERS



10K