

More About My Journey

Karla Andrews is on a mission to equip, inspire and empower individuals with keys to change their lives and recreate their future at any age.

My professional career began in the Cosmetic, Haircare and Perfume Industry working for Companies such as Fashion Fair, Clinique, Lancome, and Shiseido. Moving vastly into the Airline Industry working in management and International Intelligence. I then landed my dream job in the Hospitality Industry securing Global Meetings and Events all over the world for Ministries, Corporations, Associations, Government, and Sports entities.

I found my passion to serve, inspire, and encourage people in planning, facilitating marketing, and food! I began catering and learning more about the nutrition of food after doing many events; educating women about food, how to feed their bodies along with self-care, and personal development after my own battle with struggling with my own weight, stress, anxiety depression, emotional eating, and body image.



I have traveled the world experiencing diverse relationships learning about different cultures and enjoying lots of different cuisine. I was very fortunate to have the opportunity to work globally for the largest Conference Resource Firm in the world where I was able to connect with my passion and live on purpose.

As an Independent Licensee I started my own Global Company. I am a wife mother of two an enthusiastic engaging wellness professional with expertise in nutrition and holistic lifestyle choices. Dedicated to inspiring. I excel in educating, training, facilitating, and engaging activities. I am known for being a catalyst who helps individuals find their passion, self-discovery shift, and create new life perspectives at any age for their health, wellness and well-being.



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