



COURTNEY ZENTZ

FOUNDER, TINY TRANSITIONS

BIOGRAPHY

Courtney Zentz, Founder of Tiny Transitions Sleep Consulting, is on a mission to change the way the world views sleep and provide accessible sleep coaching resources for all families to build healthy sleep habits in their homes for children of all ages.

As an award-winning speaker, author, and Pediatric Sleep Expert, Courtney & her team of sleep consultants work intimately with families worldwide to teach healthy sleep habits to children and adults. She wholeheartedly believes that sleep is the foundation on which a happy home is built.

Courtney is the resident sleep expert for The Mother of All Baby Showers events nationwide, a frequent contributor to Newsweek, MindBodyGreen, Purple, NBC, Fatherly, Yahoo, Thrive Global, Romper, Parentology, Create & Cultivate, and Bustle, among other media outlets, and provides mentoring and business coaching to other sleep consultants looking to take their business to the next level.

Courtney resides just outside Philadelphia, PA, with her husband Adam, and two children, Max and Sovella, and has always felt passionate about making sleep & healthy living a priority in her family's life.

For more information on booking Courtney, view her website
<https://tinytransitions.com>



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Over the last 8 years, Courtney has grown her team to 12, has a new app coming to market and has helped over 50,000 families with sleep. Last year, Courtney launched her Sleep Coach Success Lab. In the Success Lab, Courtney provides mentoring and business coaching to other sleep consultants looking to take their business to the next level. Adding the Success Lab to the Tiny Transitions portfolio, has allowed Courtney to meld her passion for sleep coaching with her love of business into a program to help others successfully grow their businesses.

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For more information on booking a Sleep Lab Consult with Courtney, view her website <https://tinytransitions.com/sleepclub/>