



# COURTNEY ZENTZ

ENTREPRENEUR, SLEEP COACH EXPERT AND  
FOUNDER OF TINY TRANSITIONS

## CONTACT

-  courtney@tinytransitions.com
-  facebook.com/tinytransitions
-  @tinytransitions
-  pinterest.com/tinytransitions/
-  <https://www.linkedin.com/in/courtney-zentz/>
-  @The Kids Sleep Show Podcast

## SNAPSHOT

- Certified Pediatric Sleep Expert
- Lactation Counselor (CLC)
- DONA® Trained Postpartum Doula
- MBA from Penn State University
- 15 years in Corporate America
- Mama of 2, Max & Sovella & wife to Adam
- Cancer survivor, living life stomachless from CDH1
- Active in supporting the homeless community

## CORE STRENGTHS

- Communication
- Positivity
- Ideation
- Empowerment
- Education
- Video Education

Founder & Leader of 10 Sleep Consultants  
Pediatric Sleep Consulting  
The Kids Sleep Show Podcast  
Virtual Parent Coaching  
Sleep Coach Success LabSpeaking  
Engagements

## TINY TRANSITIONS, LLC

Courtney Zentz, Pediatric Sleep Specialist and Founder of Tiny Transitions. We coach parents through building a healthy sleep foundation in the home, helping families find balance, minimize anxiety, and restore confidence in their child's sleep abilities.

My team, the Slumber Squad, has helped thousands of families worldwide using emotionally respectful sleep coaching, science-backed research, and customized solutions. Our diverse expert team of social workers, lactation specialists, and medical professionals has made us the premier providers in the Sleep Consulting space for children of all ages.

## PERSONAL MISSION

In early 2015, Courtney left Corporate America, as Tiny Transitions was born. Lack of support, education, and empowerment for new parents is severely lacking in our culture today. I wanted to fill a gap during the most vulnerable time in the lives of new families.

Parents are doing the most influential work while chronically exhausted and overwhelmed. Sleep is the foundation for which the house is built. I work to bring healthy sleep habits into the home, as it's crucial for a child's emotional, behavioral, and cognitive development and for parents' mental health.

My passion is to educate, equip and encourage parents to understand the needs of their children, build a robust and connected relationship, and get on the same page as their partner and parent confidently and with balance. Parenting is the most challenging job in the world, and through our work, we restore rest and allow families to all individually be the best version of themselves.

## TOP INTERVIEW TOPICS

- Foundations of Sleep Hygiene
- The Impact of Chronic Sleep Deprivation
- Newborn Sleep Needs
- Safe Sleep Education
- Infant & Toddler Sleep Training
- School-Aged Sleep Anxiety





# COURTNEY ZENTZ

FOUNDER, TINY TRANSITIONS

## PERSONAL PROFILE

Courtney Zentz, MBA, is the Founder of Tiny Transitions, the nation's leading Pediatric Sleep Coaching Agency. Courtney partners with families worldwide and teach healthy sleep habits to infants, children, and adults.

Through her unique Sleep Steps™ methodology, Courtney takes a new approach to traditional sleep coaching and empowers her clients to lean in and love parenting as much as they love their children.

Courtney works with families to create a customized sleep roadmap designed for their parenting style and goals, then coaches them on their journey to transform their sleep stress into sleep success.

As a mother of two, Courtney founded Tiny Transitions out of a void in her postpartum journey to support & educate new families on the importance of sleep.

As a stomach and breast cancer survivor, she credits sleep as the foundation needed in her recovery to be strong and healthy for her family.

## FOCUS

- Foundations of Sleep Education
- Newborn Sleep Needs
- Holistic Sleep Education
- Infant Toddler Sleep Challenges
- School-Aged Sleep Anxiety

## SOCIAL MEDIA

-  [facebook.com/tinytransitions](https://facebook.com/tinytransitions)
-  [@tinytransitions](https://www.instagram.com/tinytransitions)
-  [pinterest.com/tinytransitions/](https://pinterest.com/tinytransitions/)
-  <https://www.linkedin.com/in/courtney-zentz/>

## CAREER SUMMARY

### Founder, Tiny Transitions, LLC

PEDIATRIC SLEEP SPECIALIST | AUGUST 2014 - PRESENT

- Keynote Speaker - Mother of All Baby Showers| Safe Infant Sleep
- Coach thousands of clients privately around the world
- Work with Fortune 500 companies on private employee sessions, retreats, and conferences
- Founder, Sleep Consultant Business Mentoring Program
- Regular guest appearances on top parenting Podcasts
- Contributor to national print and digital media
- Top 200 Nationally Ranked
- 4 x Best of Philadelphia award recipient for Sleep Consulting
- Recipient of the Leadership in Excellence Award

## CERTIFICATIONS

- Pediatric Sleep Specialist - Sleep Sense, LLC.
- Lactation Counselor (CLC) - Center for Breastfeeding
- Infant Mental Health - Healthy Children Project
- National Association of Professional Sleep Consultants {APSC}
- International Association of Child Sleep Consultants {IASC}
- DONA® trained postpartum doula

## ACADEMIC HISTORY

### West Chester University

DUAL BACHELOR'S IN FINANCE & MANAGEMENT

### Penn State University

MASTERS DEGREE IN MARKETING

CERTIFICATE IN PROJECT MANAGEMENT

## PUBLICATIONS

A regular contributor on NBC, Newsweek, Yahoo, Thrive Global, Fatherly, Parentology, Bustle, Romper, MindBodyGreen, and Purple.

## CONTACT INFORMATION

Phone: (610) 314 7437

Email: [info@tinytransitions.com](mailto:info@tinytransitions.com)

P.O.Box 2094 West Chester, PA 19380

[www.tinytransitions.com](http://www.tinytransitions.com)

