

MILLENNIAL NUTRITION

Where Healthy Meets Happy Hour

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GILLEAN BARKYOUMB, MS, RDN

MILLENNIAL NUTRITIONIST Gillean Barkyoub, MS, RDN, is a talented speaker, writer, presenter, and media enthusiast. Being a millennial herself, Gillean has a unique interest in investigating why her generation has a fascination with food and how that passion can be a driving force in changing the food environment of the world to be healthier and more eco-friendly. Gillean has contributed to respected publications such as Shape, Women's Health, Well+Good, My Fitness Pal, and Daily Burn and frequently shares nutrition tips on various networks including ABC, NBC, and FOX. Gillean resides in Gilbert, AZ with her husband, Eric and her two beautiful daughters, Emma and Brynn.



530

FOLLOWERS



3.6K

FOLLOWERS



2.7K

TWEETS



328

SUBSCRIBERS



771

CONNECTIONS



Millennials, more than any other generation, pride themselves on adopting overly demanding and hectic lifestyles, which has made food more than just a means of sustenance – it's a defining characteristic of who they are and their ability to keep up. On Millennial Nutrition, Gillean explores this shift in our food culture. She connects with her fellow Gen Y'ers by sharing health and nutrition tips through Instagram-worthy food pics, credible and intriguing articles, and to-the-point videos. Topics include fun, trendy tips to stay healthy while still living the millennial lifestyle of travel, food festivals and craft coffee tastings – maybe even with a baby in toe in a hip carrier. Underneath every piece of content lies a foundation of factual nutrition science – no diet fads or ingredient myths allowed.

BRAND AMBASSADOR

Millennials have a desire to connect with people rather than companies and brands. As a brand ambassador, Gillean has a way delivering key messages for her clients by developing tips/quotes, attending consumer or media events, drafting and editing press releases, appearing at consumer trade shows, assisting with social media engagement, conducting webinars, writing branded blogs/articles and being interviewed by various media outlets. As the face of your brand, Gillean will connect with your audience in an organic, consistent and captivating way.



ON-CAMERA PERSONALITY

Gillean's confident demeanor, knowledge of her craft and contagious personality has made her an on-camera expert. In addition to hosting Livestream segments for a leading health & wellness company with over 20k unique viewers around the world, she thrives in the fast-paced environment of morning & daytime news segments where she educates viewers on health & nutrition topics. She has been featured on the Arizona affiliates of ABC, NBC & FOX.

TESTIMONIALS

"Gillean was truly an exceptional speaker that does her research and is extremely great to work with. You can feel her passion, and her knowledge about health and wellness is impressive! We were very lucky to have her at our Patient Forum to teach those with Lyme disease how to live a healthy lifestyle and how important diet is. I would highly recommend her for any speaking engagement!"

- Jessica Crawford, Director of Development for Focus On Lyme Foundation

"Gillean is one of the most poised, naturally talented media ambassadors I've worked with in over a decade of managing integrated broadcast segments. Her genuine love of helping people find healthier and easier ways to navigate day-to-day meal decisions transcends on camera. Gillean is also motivated, creative and has a phenomenal work ethic. I know I can rely on her to deliver when I need to "wow" clients!"

-Parker Wallace, Creator of RDTV

SPEAKER

As a speaker, Gillean is inspiring, energetic and relatable, with the ability to captivate an audience of any size. She is available for keynote presentations, general sessions, half/full day workshops, or as a host/moderator of an event. Her talks are specifically customized to suit the needs of your audience and can be tailored for intimate gatherings and large group settings. Whether it's a corporate wellness lunch and learn, webinar or your company's annual event where thousands of attendees come for inspiration and education, Gillean's your girl.



HOST OF VIRTUAL NUTRITION PROGRAMS

One of the most important ways Gillean connects with her clients is through virtual nutrition programs. Gillean offers a variety of programs and guides that help build healthy habits and create a balanced life. Whether you are looking to kickstart a new lifestyle, hoping to get back on track after baby or simply need a bit of help creating meal plans that work for you and your family, Gillean will provide you with the right solution while connecting you to a community of individuals to support you throughout your journey.

TESTIMONIALS

"Making healthy dinners made a big difference for me because it meant I had a healthy lunch for the next day too! Bonus, I spent less money on eating out! I learned so much from this. Thank you, Gillean!! The Facebook group and taking pictures to hold each other accountable is genius. I'm not sure if I would have lasted as long without that component!"
- KELLY H, Virtual Nutrition Program Member

"Thank you so much, Gillean. This has really opened my eyes and more than anything has really taught me to eat clean FOR my body and not because of my body. My mindset is changing a little bit more each day and I didn't even realize I had certain habits and patterns still haunting me. It's been so wonderful and I love the way my body is feeling."
- LINDSEY B, Virtual Nutrition Program Member