
cv

STEPHANIE OBRIEN

FOUNDER | WELLNESS
CONSULTANT | STRATEGIST |
PROGRAM DESIGNER

917-664-2900

Stephanie@futrmoves.com

www.futrmoves.com



Stephanie O'Brien

about

Wellness consultant, strategist, and entrepreneur specializing in root-cause wellness, longevity, rejuvenation, and recovery. Founder of a Fort Lauderdale wellness studio and mobile wellness concept with expertise in evidence-based wellness programming, innovative solutions, program design, business development, growth, operational systems, and luxury experiences—driven by a mission to empower a new generation of SuperAgers.

education

THE NEW SCHOOL
UNIVERSITY NY. NY

BACHELORS DEGREE 2004

certified

2020-2026
LIFESTYLE COACH |
1000+ HRS

- Certified Longevity Coach (CLC)
- Functional Lab Test Specialist
- Certified Breath-based Health Coach. IBF Member
- Sound Healing Practitioner
- MBSR Trained at UCSD

core skills

- 1:1 and Group Coaching
- Evidence-based Wellness Principles
- Root-Cause Health Optimization
- Nervous System Regulation
- Client Assessment & Personalized Plan
- Longevity Lifestyle Strategies
- Luxe Wellness Event & Workshop Design & Facilitation
- Biology+ Behavior+Technology Integration

expertise

- Wellness Program & Experience Frameworks
- 5-Star Guest & Client Experiences
- Human Behavior & Lifestyle Optimization
- Client Retention & Partnership Growth
- Operational Systems, Training & Protocols
- Employee & Member Engagement Strategies

experience

+FÜTR MOVES CURRENTLY & SHIFT WELLNESS CLUB (2023 - MAY 2026)

FOUNDER | CVO | CEO
*Founded longevity studio + mobile
wellness suites in Fort lauderdale*

Built a luxury mobile wellness company centered on optimizing biology, influencing behavior, and expanding what's possible through evidence-based wellness experiences, advanced recovery technologies, and concierge Mobile Wellness Suites.

Designed to enhance how clients feel, think, look, and live.

REAL ESTATE LUMINARY DOUGLAS ELLIMAN NYC (2004-2022) EARTHĒ & CO 2020-2023

NEW DEVELOPMENT SPECIALIST NYC
Co-Founder Peters| OBrien Team

- Managed top-performing development design & sales team
- Two dozen+ industry awards
- Top 1% nationwide — WSJ/RealTrends
- Eco-Village & Mindful Member Club Visionary 2020-2023

EVENT & HOSPITALITY EXPERIENCE (1998 - 2004)

SOUTH BEACH • SOUTHAMPTON • NYC •
SEMINOLE HARD ROCK HOTEL

- Luxury nightlife & hospitality venues
- Managed sales, training, guest relations
- Celebrity VIP event environments
- Personal Growth & Recovery Coach 1997-2026

leadership

- Wellness Innovation
- Team Performance, Development & Culture
- Course Creation and Lead Instructor
- Business Development and Services Design
- Expand Brand Awareness & Community Engagement
- Experiential Event & Educational Workshop Programming