



RHIAN STEPHENSON

PSYCLE LONDON CEO



Canadian born Rhian Stephenson, 33, is a leading voice in wellness today. As the CEO of Psycle, London's most successful boutique fitness studio, she is also a highly qualified Nutritionist and Naturopath, which informs her 360-degree approach to all aspects of wellbeing, including physical, mental and emotional health.

Rhian's love of health and fitness started at a young age when she began her career as a competitive swimmer and continued as she progressed to national and international level. Driven by her desire to spread her passion for health and fitness, Rhian went on to complete graduate degrees in Nutrition and Naturopathic Medicine. Passionate, energetic and practicing what she preaches, her goal is to inspire & empower others to make positive lifestyle choices in order to enjoy healthy, happy and vibrant lives. Her knowledge is deeply rooted in the understanding of the body, mind and skin in particular, through integrated medicine and her alternative wellness practices.

Having moved to the UK in 2006, Rhian worked as a naturopath and nutritional therapist at London's leading clinics, Balance The Clinic and The Hale Clinic before moving to Dubai to delve into corporate health and extend her work with private clients.

After 2 years, Rhian moved back to London spending her time between clinical and private practice, looking after high profile clients, businessmen and women and corporate nutrition advisory for major banks.

Rhian was appointed as head of wellbeing at Psycle in its establishment before becoming CEO for the company in September 2014, shortly after its launch. She is also a Psycle Master Trainer, teaches multiple classes a week and oversees the Psycle Training Academy. Her classes are sold out in a matter of minutes and are regularly attended the UK's most powerful celebrities.

During Rhian's time at the helm of Psycle, the business has grown exponentially with the opening of the Canary Wharf site, two Energy Kitchen smoothie bars developed by Rhian, the launch of INSPIRE and the forthcoming Shoreditch site in May 2017. There are a further two studio openings expected in the next 18 months. The brand has over 125 classes and sees over 5000 riders on a weekly basis.

Her vision for the brand has developed what was originally the leading spin studio in London to a 360 health and wellbeing lifestyle concept, offering Psycle-Barre, Yoga and strength classes to the studio element. Today, Psycle continues to grow, with the focus on helping people lead vibrant, happy and energetic lives. It remains the beating heart of the capital's fitness phenomenon that has lead the charge in a since its inception in 2014.

Rhian is qualified in the following areas:

- *Honors Undergraduate in Applied Human Biology (Bsc.hon)*
- *Nutritional Therapist (RNT)*
- *Naturopath (N.D)*
- *Herbalist (Dip Herb)*
- *Intravenous Nutritional Therapy (IVNT)*

PRESS INFORMATION

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