

Jim Callaghan and Natasa Kazmer

Jim and Natasa are the founders of Wellnesstory, a health coaching business that helps busy executives regain health and vitality, and increase productivity and performance at work and in life generally. Former airline executives Jim and Natasa spent over three decades in senior industry roles all around the world.



Natasa is a co-founder and former head of corporate communications and public affairs of Wizz Air. She holds a Masters degree in Positive Leadership and Strategy, and her passion lies with nutrition, female hormonal health and breathwork. She is a certified nutritionist and ICF accredited Gestalt coach.

Jim is a corporate lawyer. He spent most of his career as General Counsel advising large companies such as Ryanair, Etihad and Uber. Jim is a certified coach in human physiology and exercise and is passionate about creating working environments to promote (non-exercise) functional movement.

Natasa and Jim now combine corporate experience, positive and behavioural psychology, and the science of nutrition and physiology to create unique programs that facilitate life-long, healthy changes.



BESTSELLING AUTHORS



Natasa and Jim's bestselling book, Ready for TAKEOFF!, was published in May 2023. The book is a practical health guide for airline executives and their teams to get back on top of their game, where they break down their tried and tested model which unlocks the key to achieving optimal health and vitality.

PODCAST HOSTS



In their podcast, TAKEOFF with Wellnesstory, Natasa and Jim share the science behind peak health and performance and discuss stories of transformation.



T A K E O F F

TURN OFF
AUTOPILOT

ADDRESS
YOUR STRESS

KNOW
YOUR WHY

EAT YOURSELF
HEALTHY

OVERHAUL
YOUR MOVEMENT

FIX YOUR
SLEEP

FASTEN YOUR
SEATBELT