



**Corey Jacobs**  
**Founder | Chief Strategy Officer | Health & Wellness Expert**  
**Glued Global Consulting**

Corey Jacobs is a passionate, charismatic individual who attacks everything with intensity and curiosity due to his organic ability to relate with people. He is an avid learner who has immersed himself in personal development teaching the power of compounding habits through morning routines, yoga, breathwork, nutrition, mindset, and meditation. Through his decade of business development, consulting, and sales experience in the healthcare, medical device, and staffing industries, he has proven exceptionally proficient at understanding the challenges his clients face and coming up with creative mindfulness strategies. Corey is a leader who has built and managed a team of high performers. He is an avid fitness expert who early in his wellness career provided fitness programs for employees of CNN and Turner.

Corey graduated with a Business Degree from the University of West Georgia. He is also a certified yoga instructor and meditation teacher.

Corey is an evangelist for creating a healthy lifestyle through philosophical education, wellness & spiritual travel adventures, physical movement, breathwork, healthy cooking, and deep meaningful connections. His personal mantra is Life is to Grow, to Inspire, and to Play. This was the launching pad for the M3 Method of Mindfulness, Movement, & Mindset.