



JOANNA MCDONALD, M. SC  
SPIRITUAL LEADER & HEALTHY LIFESTYLE ENGINEER

# THE ART OF CREATING A LIFESTYLE

THAT SUPPORTS YOU IN BODY, MIND & SPIRIT



## WHO AM I?

Hi, I'm Joanna! As a spiritual mentor and natural health specialist, I'm passionate about helping people succeed to find the life of their dreams. For years I lived in illness, poverty and depression and I just can't bear to see one more person do the same! Join me on my journey to health and well-being by exploring ways towards sustainable good health & spirituality. It's all connected!

## SERVICES

Offering professional content motivational workshops, lunch n' learns and keynote speaking, I offer inspirational advice with a forward-thinking mindset approach that can add experienced value to your next well-being event or podcast.

## MY COMMITMENT

I am committed to sourcing out the best options for each and every one of my clients to feel better



## EXPERIENCE

25+ years in the wellness industry and over 5000 clients has taught me a lot! I hold a master degree in Metaphysical spiritual counseling.



## STRENGTHS

Bilingual, caring, kind, compassionate and empathetic, I have lived first hand a lot of the issues that my clients face. I'm human and try to be as transparent and authentic as possible.



## MISSION

By inspiring individuals to lead empowered and healthy lifestyles, it is my mission to bring about a new worldly model of health & well-being in Canada; one that is not only possible but supremely needed right now.



## PERSONAL MANTRA

"Be the change you wish to see in the world."

PLEASE REACH OUT FOR MORE INFO:



579-490-0214



[www.joannamcdonald.ca](http://www.joannamcdonald.ca)



[joannassoulsspace@gmail.com](mailto:joannassoulsspace@gmail.com)