



Meet Your Coaches!



**Minae**  
Life Coach



If there is one thing to know about Minnie, it's that she is passionate about life coaching. Minnie enjoys active listening and motivating others to reach their goals. She is solution-focused with a growth-mindset and an adaptable communication style.

Minnie is a Psychologist-Life Coach who uses empowerment to get clients thinking differently and achieving their goals. Her support is characterized by its lifestyle application, addressing areas of the mind, body, and spirit. The care and enthusiasm she brings to each session will help those in need of clarity or motivation. Clients benefit from her proactive and personalized approach to self-development. Uncover your inner-strength and build a lifestyle that works for you, together.



# CREDENTIALS

- (Honors) B.A in Psychology with specializations in Motivation, Health, and Behaviour Modification
- M.Ed in Applied Psychology in Development, with specialization in Leadership & Change



# PREP FOR YOUR SESSION

- Pen or pencil
- Notepad
- Water

**\*no makeup, no problem – just bring yourself!**





**Soha**

Life Coach



As a dedicated Life and Career Coach, Soha empowers and motivates women across various stages of life to live a balanced, authentic and fulfilling life. She walks hand in hand with her clients and supports them through their journey of self discovery and personal growth.

Soha helps her clients set and attain meaningful goals, embrace change and navigate through the various transitions that life throws their way. She is committed to guiding and supporting her clients in achieving their true potential and living the life that they want.



# CREDENTIALS

- ICF certified FLOW Coaching Certificate





# PREP FOR YOUR SESSION

- Intake form for your first session, varies for the other sessions





**Jane**

**Dating & Relationship Coach**



As a dating coach, Jane supports clients in their search for the perfect partner. Through creating a vision of a compatible relationship and exploring past experiences, Jane builds a targeted program for each member looking for love. Coaching sessions with Jane differ per client, and include strategies such as: revamping online dating profiles, practicing how to connect authentically during a date, or unearthing internal barriers to forming healthy relationships.

Additionally to dating, Jane also specializes in helping those already in a relationship looking to improve their communication.



# CREDENTIALS

- Life coaching certifications
- Mindfulness meditation practitioner certification
- Workshop facilitation
- Internationally recognized dating courses
- CBT and mindfulness training



# PREP FOR YOUR SESSION

- Homework Assignments





**Shauna**  
Personal Stylist



Shauna's passion for fashion led her to pageantry, styling, and fashion design. She has worked as a stylist for photoshoots and television, as well styling everyday women in the retail and commercial world.

As a personal stylist, Shauna helps women understand and explore their short term and long term fashion goals. She teaches clients how to create looks using items from home. Shauna has experience working with a variety of women, and she specializes in helping them create outfits that accentuate their body shape and features, as well as work within their budget, style, and personal beliefs about clothes/adornment.



# CREDENTIALS

- Fashion Design Diploma Graduate (Honours) from Blanche MacDonald
- Visual Merchandiser & Company Team Lead
- Lead Stylist & Stylist Assistant for Photoshoots and TV production





# PREP FOR YOUR SESSION

- Pen and paper for notetaking
- Be familiar with the clothes, shoes & accessories in your closet
- Additional information will be provided following
- Will be able to give you a better list of things to prepare when she has a better understanding of your goals





**Rebecca**  
Energy Coach



Whether you are a new mom re-learning about your body or a professional going through a stressful career transition, Rebecca will help you restore your inner balance. Rebecca's sessions are open, honest, real, and authentic. She believes in healing on a holistic level through engaging the mind, body, and spirit. Rebecca wants her clients to be experts in self-healing and will use various strategies and practices to help women find the tools that work for them. Her sessions differ depending on the needs of the clients and can include:

- Breathwork, Mindfulness, Meditation
- Yoga and Movement
- Sound Healing
- Sacred Sex Therapy
- Chakra Healing
- Past Life Regression
- Cartomancy



# CREDENTIALS

- 200 hours registered Yoga Alliance Yoga Teacher with Alejandra Torres via Vida Asana in Jaco, Costa Rica
- Trained Sound Alchemist with Sarah Surrenders of the Resonance Temple in Montreal, Canada
- Certified Cosmic Sexuality Instructor with YOUUniversal Meditation in New York, USA
- Certified Past Life Regression Therapist with Karen E. Wells in London, United Kingdom



# PREP FOR YOUR SESSION

- Comfortable clothing
- Yoga mat
- No drinking 8 hours before a session
- Notebook optional





**Karla**  
Fitness & Nutrition Coach



If you need energy and direct communication, as well as a gentle and understanding approach, Karla is your coach! Through her client-centered approach, she helps and motivates you to close the gap between where you are and where you want to be.

After years of experience and continued growth, Karla has developed her own systematic approach to health & nutrition. She is not a believer in restrictive diets and exercise regimens, choosing instead to help you explore and discover how to nourish and move your body based on your own bio-individuality. She uses a variety of assessment methods to support your next steps, based on your body type, lifestyle, eating habits, wants vs. needs, and emotional attitude towards food.



# CREDENTIALS

- Active member of the Health Coach Alliance Canada - Registered Health Coach
- Integrative Nutrition Health Coach from The Institute for Integrative Nutrition
- Certified Personal Trainer by the Canadian Fitness Education Services (CFES)
- Fitness and Health Promotion Diploma from George Brown College





# PREP FOR YOUR SESSION

## FITNESS

- Notebook and pencil to take notes
- Dress ready for a workout (this is an active session!)
- Questions and concerns about your fitness and health
- Before each fitness session: warm-up and stretch (if you need support with this, please bring your questions to your first session)



# PREP FOR YOUR SESSION

## NUTRITION

### Prior to the 1st session:

- Fill out the Health History Form and Health Goals attached to this “Coach Profiles Package”

### After the 1st session:

- Complete the Food Journal provided by Karla in your first session

### In general:

- Notebook and pencil to take notes
- Questions and concerns about your nutrition

