



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 mentorship sessions, workshops, key note speaking, retreats, motivation & inspiration, I'm looking forward to meeting you.

## MY COMMITMENT

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



## EXPERIENCE

25+ years in the wellness industry and over 5000 clients has taught me a lot! I hold a master degree in Metaphysics & spiritual counseling as well as all 4 degrees of Reiki.



## 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



joannassoulspace@gmail.com



www.joannamcdonald.ca