



DR. JOANNA MCDONALD, D. M.
SPIRITUAL LEADER & LIFESTYLE ENGINEER



THE ART OF CREATING A LIFESTYLE

THAT SUPPORTS YOU IN BODY, MIND & SPIRIT

WHO AM I?

Hi, I'm Dr. Jo! 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 masters degree in spiritual counseling and a doctorate in Metaphysical science & alternative health care.



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:



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