



Kamini Wood

“ I Help Women & Teens Overcome Self-Judgement, Own Their “Story” & Be Unapologetically Themselves ”

Biography

Kamini Wood is a certified life, wellness, and teen life coach. She works with teen girls and women of all ages, leading them on their own journey towards inner confidence. Kamini knows women encounter unique struggles as they grow and mature, and are often encouraged to find their value in the judgment of others. As a woman and a mother of young girls, she knows that this constant pressure to find external validation holds many women back from acknowledging their inner power.

Having struggled with the urge to constantly spend her energy focused on pleasing others, Kamini knows what it feels like to neglect her own feelings and needs. She is on a mission to help every women who has ever struggled with codependency, low self-esteem and insecurity. Kamini feels called to guide others to recognize their own strength and inner power, beginning in their teen years where these toxic ideas are first imprinted on us. To help teens and women live their most authentic life, her coaching program addresses four key areas: emotional, mindset, behavior, and inner spirit/intuition.

- Kamini is a certified wellness coach and board certified by the AADP, Authentic Living expert and mother to five wonderful children.

Questions:

1. How do you rebuild resilience?
2. What is mindfulness?
3. How does one practice self compassion?
4. What is codependency and how do we spot it?
5. How do you regain confidence as a mother in a world where there are constant comparisons?

Topics

- The Four Pillars to Empowerment and Freedom
- Resilience, Reframing & Rebuilding Confidence as a Mother
- Finding Healing: Life in (or after) Codependent & Unhealthy relationships

Contact

919.355.2289
 kamini@livejoyourway.com
 itsauthenticme.com
 @itsauthenticme