



***CHRISTINA R. DOWLING, CPC
HOLISTIC LIFE COACH***

Christina has an interesting perspective on life and the large role clarity, healing and growth play into it. Part of this is due to her expatriate life of 14 years abroad with her multiple careers in Asia, Luxembourg and the UK as a teacher, corporate banker and recruiter. Her extensive life travels to over forty countries has given her a global view of work and life balance. She knows what it's like to be in both transition and turmoil, and has dived deep in order to find the answers within for peace and harmony through body-mind connection.

Christina has a natural ability to help people with her incredible insight, understanding and deep listening skills. She works alongside her clients by guiding them, by applying different methods, to take ownership of their unique journey, and uncover their innate wisdom. From her personal life experience, she is able to understand the barriers you may be facing and help move you through them and beyond.

Christina is a skilled Life Coach, and certified with the International Coaching Academy, where she studied for 3 years. She is also a certified yoga instructor and Reiki Master and applies Mindfulness in her daily practices. Her deep love for growth and holistic care make her a great coach to those who are seeking more fulfillment out of life.

Sessions are \$150.00 each plus HST, and can be scheduled to your convenience.

To book an introductory session with Christina via Skype, please **[click here](#)** for payment.

Christina will be in touch with you shortly.
Good luck with your journey!!!