



CONTACT

I appreciate you considering me for your upcoming speaking engagement.

If you have any questions regarding custom content, please do not hesitate to reach out to me directly.

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sheila petersen

BIO

Hi, I'm Sheila.

I'm a certified health and lifestyle coach with a proven record of helping people who are ready to make changes in their life through customized plans and one-on-one sessions.. By the age of 32, I had been through divorce, bankruptcy, pneumonia, two foot surgeries, high levels of pain.. In 2009, I was introduced to health coaching and it has changed my life. Instead of feeling controlled and powerless, I have discovered my passion and my purpose through holistic health practices in all of the key areas of life. My intention is to show you how you can do the same.

Institute for Integrative Nutrition 2012 Graduate
NLP Certification

lovechange (previously known as Life Elemental, LLC)
Kurbo: Health Coaching for Kids, Teens, Families, Hiring
Coordinator & Health Coach
WellPledge, Health Coach
Harken Health - Clinical Team Manager
Circle 4 Parents, Health Coach
Corporate Wellness, Speaking
Greater Chicago Food Depository & American Heart
Association, Nutrition Demo/Speaking
Mentor, Health Coach Graduates
Step-Mom

SPEAKING EXPERIENCE

Found & Shared
WeWork & Industrious Co-Working
Greater Chicago Food Depository
American Heart Association
Salt & Light Coalition