

Nadia Vero



CONTACT



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Stoney Creek

MY EXPERTISE

- Intuitive Guidance
- Transformational Leadership
- Workshop Facilitation
- Program Development
- Behaviour Dynamics
- Empowerment Coaching

VALUES

- Authenticity
- Accountability
- Courage
- Personal Growth
- Connection
- Excellence

HOLISTIC LIFE COACH & HYPNOTHERAPIST

Whether my clients are experiencing challenges with their health, relationships or career, the root always exists at the nervous system and subconscious level. My work goes beyond surface level transformation so clients don't rely on fleeting motivation or sheer discipline. True transformation means getting curious, taking accountability, gaining awareness, rewiring the program and creating new pathways in the brain- the exact approach that creates more immediate and sustainable change because it's all connected.

SERVICE HIGHLIGHTS

Empowerment Through Healing Inc., Founder 2019-Present

Breaking through root subconscious and nervous system blocks to drive sustainable transformation in health, relationships and success without relying solely on discipline, surface level programs, and talk therapy. Facilitated mindfulness programs to educators, mental health clinicians, corporate employees and leaders.

Peel & Toronto District School Board 1997-2020

Planned and implemented social emotional intelligence programs for students from K-12. Provided one on one and group counselling to students who struggle with body image (self esteem), behavioural challenges and mental health issues.

Zenergy Cuisine, Founder 2017

Developed and operated a conscious catering service specializing in healthy, alternative fusion food to individuals and events.

CERTIFICATIONS

Child & Youth Counselling (Diploma)

Life Coaching

Neuro Linguistic Programming

Hypnotherapy

Public Speaking