




Maria Thompson

Holistic Wellness Coach

CONTACT

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 United States, San Diego, CA

EDUCATION

2016 - 2017

Certified Holistic Wellness Coach

Institute for Integrative Nutrition,
United States, New York, NY

2012 - 2016

Bachelor of Science in Alternative Medicine

Evergreen State College, United
States, Olympia, WA

Certified Holistic Nutritionist

American Fitness Professionals &
Associates, June 2020

PROFESSIONAL SUMMARY

Certified Holistic Wellness Coach with over 7 years of experience empowering clients to achieve optimal health through integrative mind-body practices. Expert in natural remedies, stress management, and lifestyle coaching aimed at improving overall well-being. Passionate about helping individuals take control of their health with sustainable solutions.

"Maria helped me completely transform my life. Her personalized approach made me feel empowered to take control of my health." – Daniel S.

EXPERIENCE

Holistic Wellness Coach 2020 - Now

Healthy Living Solutions, United States, San Diego, CA

- Design personalized wellness plans integrating nutrition, stress management, and physical health practices.
- Lead workshops on natural health remedies, mindfulness, and holistic nutrition, educating clients on maintaining balanced health naturally.
- Utilize holistic techniques like herbal remedies, meditation, and energy healing to address clients' wellness.

Wellness Consultant 2017 - 2019

Holistic Health Network, United States, Los Angeles, CA

- Consulted with clients to assess wellness needs and crafted holistic programs that focus on long-term mental, emotional, and physical health.
- Facilitated group sessions on mindfulness, holistic nutrition, and natural healing approaches.

SKILLS

Mind-body wellness strategies	★★★★★
Herbal medicine and natural remedies	★★★★★
Meditation and mindfulness techniques	★★★★★
Stress management and emotional balance	★★★★★
Client-centered coaching	★★★★★

PROFESSIONAL AFFILIATIONS

**American Association of Drugless
Practitioners**

Member since 2017