

Daina Puodziunas

Owner~Awakened Potentials for Women at Awakened Potentials for Women

Grand Rapids, MI, US

I speak to women's groups of all sizes on how to break the spell that keeps us feeling selfish when we try loving & caring for ourselves.

Biography

Daina Puodziunas (pronounced Dinah) is 58 and has been working in the field of women's empowerment her entire life as a doula, childbirth educator, life coach, and retreat leader, published author, and inspirational speaker. Daina has a BA in education, has been trained by Debbie Ford as a Shadow Integration Coach is a member of IAC (International Association of Coaches) and is an Advanced Toastmaster who has won many contests. She has been a regular columnist for Soulfuliving.com. She also had her own column in Grand Rapids Magazine focusing on the mind, body, spirit connection. She has been included in the e-book "The Wisdom Of Midlife Women" at <http://www.kickstartcart.com/app/?af=1338365> She is also a featured speaker in the book "The Speaker Anthology; 101 Stories That Have Inspired And Motivated Audiences from Coast To Coast." at <http://www.amzn.com/1933918624> <http://www.amzn.com/http://www.amzn.com/1933918624> Her online work involves helping women transform midlife into a journey of coming home to their true spirit which ends in a complete re~enchantment with life at <http://www.Midlifefairygodmothers.com> Her business is <http://www.Awakenedpotentials.com> Daina has been through countless struggles during much of her adult life including divorce, single parenting, designing and building her own home, chronic health issues which she healed from integrating her mind, body, and spirit, and much more. This enables her to be able to connect with women from many backgrounds and walks of life. She has a natural, easy going, warm yet strong presence. She also has a great sense of humor which she feels has been one of her greatest personal gifts.

Availability

Author Appearance

Industry Expertise

Women

Affiliations

Toastmasters International, JourneyDance(tm), Michigan State University

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