

Bio/Intro

Guest Profile

Guest Name: Kim McDonnel – Author, Holistic and Spiritual Counselor

Kim McDonnel is a holistic Health Coach, Spiritual Counselor and two time author and best seller. Her first book, “You Change, They Change: How to Take Control of Your Life by Losing Control Over Others” was her practical approach to guide others to let go of controlling what’s outside of them to focus on what is in them to be healed so they can show up in their truth. Kim is inspiring others to release what is suppressing them to transform them into life changers for themselves, their families, and their world.

Kim Mentors People through Life’s Growth Opportunities:

- Improving the Mind Body connection through self-awareness so they can address and release their past and live in the present with gratitude.
- Kim Encourages self-love to love others through:
- Coupling with compassion to cure not convict-Helping Couples go from defense to offense allowing love to flow through and heal old wounds preventing new ones from being created or perpetuated onto their children.
- Parenting on Purpose-Helping parents to improve their ability to communicate with their children at any age.
- Teen Talks-Helping Teens to tear down their walls and let love shine removing shame and feelings of unworthiness.
- Kim Validates through science and nutrition what the root of the problem is and gives simple strategies to be the change. She has seen the impact this change has had on her own family and the families of her clients.

Through Kim’s own journey to healing, Kim found success in letting go. She has impacted many lives with her encouraging words and ability to meet people where they are and help them grow into the person they didn’t know they could be. Her desire to heal herself allowed her to help others heal from the suppressed feelings of shame, guilt, and lack of self-love. She is growing her following of change agents to inspire more people to be the change they wish to see in their world.

Kim is a coaches coach. She helps empower other life coaches to ask open ended questions of their clients to lead them to their truth. Shedding their perceptions and seeing with new lenses the purpose behind their pain. Speaking life into others and reforming Victims to Victorious and Resilient Life Changers.

When Kim isn’t working with her clients and coaches she is enjoying life with her husband and children and 3 grandchildren. She rarely thinks of a time when she assumed she would be in a

wheelchair by age 50. She is constantly growing and evolving to be the spiritual leader we are all meant to be.

Links to social media profiles

<https://www.facebook.com/youchangetheychange/>

<https://www.instagram.com/kimmcdonnel/>

<https://www.linkedin.com/in/kimmcdonnel/>

Testimonials

<http://www.kimmcdonnel.com/testimonials>

Topics and suggested questions:

- # What inspired you to go from health coach to author to spiritual counselor?
- # What makes your book different than other self-help books?
- # What do you see as a common theme in healing?
- # Are we waking up as a society?
- # How can people reach your work besides buying the book “You Change, They Change”?

Headshot

See link

<https://drive.google.com/file/d/1dwCIPvHfmGlrSufQV8UZv8PfoQxjf1Xo/view?usp=sharing>

Contact Details

For Host, kimmcdonnel@me.com

Skype name: k.mcdonnel

Zoom Meeting Room #: <https://zoom.us/j/2929476462> Mobile for host only +1 (504) 669-6400

website to promote my work is www.kimmcdonnel.com

CTA (Call to Action)

Find Kim’s FREE meditation link “When in stress go to Breath” on her website at www.kimmcdonnel.com Buy her book on Amazon at <http://a.co/7gfb8IQ>