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<meta name="description" content="Learn about health and wellness in **XXXX** through the story of **XXXX**.">

<meta name="keywords" content="health and wellness, health and wellness coach, health and wellness coaching, health and wellness coaches, health & wellness">

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Health and Wellness Is a Journey

Brilliant is the single word which best describes **XXXX**'s goal in coaching for wellness. Her approach is to let you, the individual, define what a brilliant life means. She helps you define it, and then develops steps toward that goal through an exploration of your life and unique circumstances.

A Health and Wellness Coach Who's Been There Before

Live Brilliant was born out of a difficult period in **XXXX**'s own life. Overweight and suffering from poor health, **XXXX** asked herself, "How do I want to live?" The answer came through a series of real, achievable steps. While maintaining her career as a registered nurse, **XXXX** earned recognitions including:

- Certified Health and Wellness Coach, WellCoaches School of Coaching
- Certified Group Fitness Instructor, The American Council on Exercise (ACE)
- Certified Spin Instructor, Mad Dogg Athletics
- Certified At Home Instructor, Total Body Tabata
- Certified Trainer, P90X
- Member, The American College of Sports Medicine (ACSM)
- Member, The International Association of Coaches (IAC)

As wellness coach, rather than a psychologist or therapist, **XXXX**'s focus remains on the present, and beyond. She helps you move forward, toward a more meaningful engagement with life and a greater sense of overall wellbeing.

Contact **XXXX** Today

XXXX's own experience in defining and reaching goals is just one of many resources that will help you live brilliant. When you're ready to make that first step, contact **XXXX** to schedule your initial session, or with any further questions or comments. Thank you for visiting Live Brilliant.