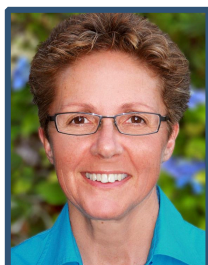


BIOGRAPHY

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About Lee Chamberland – Stress Relief & Happiness Expert



Lee Chamberland is the Founder of Power of Wellness and Author in the bestselling Adventures in Manifesting Series, featured alongside luminaries such as Marianne Williamson and Dr. John Demartini. She is a well known Stress Relief and Happiness Coach and Speaker with a proven track record for helping people get inspired and make lasting change.

"She says things that stick with you and change your life forever." ... Lee's College Students

A Wealth of Experience & Passion

Lee brings to her speaking portfolio over 25 years of enormous success as an engaging, passionate and inspirational teacher and speaker. She has an MS Degree with a focus in Stress Management and Happiness Studies. She is an Advanced Life Coach, a Creating Health Graduate from the Chopra Center for Wellbeing, a practitioner of The Work and a self-proclaimed "grateful student of life"!

Lee is well known for her motivational and empowering speaking style and workshops. Her presentations provide a perfect blend of fun, inspiration, and practical tools for reducing stress and increasing happiness.

What Lee's Clients & Workshop Participants Say

"Lee is like a breath of fresh air – the moment you walk into her presence, you cannot help but feel good ... her energy is cleansing, relaxing, yet invigorating. She radiates!"

"There were light bulbs going off constantly for me in Lee's session. She is one of the most inspirational teachers I have ever experienced."

"Participants described her workshop as "the best PD session," "fabulous – just what I needed to help me at work and home," "amazing," "fun," "enjoyable" and "inspiring." "Lee's session was a great reminder to focus on the important things in life."

Lee Chamberland
Stress Relief & Happiness Expert
www.powerofwellness.com

Power of Wellness
Holistic Wellbeing & Empowered Living

