

JOVANKA CIARES

Holistic Wellness Coach – Author – Speaker

Wellness Ideas That **Inspire Action**

Jovanka will **inspire** and **motivate** your next meeting by calling attendees to action and **motivating them to create long-lasting changes** in their lives.

Jovanka will generate rapport with your audience using entertaining yet **highly valuable content**, that will provide solutions to will help reach their **wellness goals**.

Jovanka will ignite your audiences by inspiring them to embrace their fullest potential, thus **empowering and motivating** people to be more true to themselves and perform to **their highest standard**.



Jovanka Ciales is a former entertainment executive turned Holistic Wellness Coach, author and nutrition consultant. She is the creator of the Clean Foods Diet Method (www.cleanfoodsdietmethod.com) an online weight loss program that focuses on cleansing, nutrient-rich foods for natural weight loss.

Jovanka has spent over 10 years studying and experimenting with alternative therapies, nutrition, herbalism and more. Jovanka has personally experienced the healing power of a holistic lifestyle and proper nutrition. Her journey towards self-healing, peace and happiness became her motivation to inspire and support others to do the same.

In her workshops, speeches and lectures, Jovanka teaches her audience how to adopt a healthier, more conscious way of life, and motivate them to adopt wellness ideas that inspire action and positive, long-lasting change.

Jovanka studied nutrition with best-selling author and Cornell University professor emeritus, Dr. T. Colin Campbell and coaching at the Spencer Institute.

Jovanka's presentation not only conveyed easy-to-use information but also motivated the audience to take the actions needed to get results fast.

*- Janet Sussman, Exec. Director
EyeCatcher Consulting Group*

Our group loved Jovanka's approach to health and wellness. We leaned a lot and are scheduling her to come back, to help keep us motivated.

*- Samantha Wilford
Women's Preventive Health Center*

Popular Speaking Topics

Cleansing and Detox

- Learn why cleansing and detox can very well save your life and the best way to shed pounds and feel great while eating delicious foods.

Beauty and Weight Loss

- Learn what causes you to gain weight and lose your flexibility, energy and beauty. Explore fool-proof practices that you can incorporate into your already busy life.

Knowing Your Worth

- Work towards achieving your fullest potential by shifting your energy inwards.
- Create a pattern of self-worth, change your perception and achieve your goals.

Happiness And Inspiration

- Connect with you emotional centers to create positive change that inspires communication, understanding and personal fulfillment.

**Lectures available both
in English and Spanish*

**TO BOOK
JOVANKA
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