

# COACH LAURA SALTMAN



*"The coach remembered where we had left off and what my needs were, so the meeting went vet smoothly and spot on."*

*~ Chrysa, April 2023*

Laura is a mindfulness, meditation & metaphysical teacher, a 4x author and reiki master. She believes that choosing to understand ourselves from a deeper perspective of mind/body/soul allows us to shift into the driver's seat so we are no longer simply a passenger on the ride. She helps clients around the world learn to trust their intuition and overcome limiting beliefs and thrive. Her coaching purpose is to help others find their own inner healer and know how to use that part of themselves.

Laura is an author of guide books to a thriving life and is able to pull from her own resources to help clients pull back the curtain of their hidden intuitive voice.

## **CREDENTIALS**

- Certified Mindfulness Meditation Teacher
- Intuitive Life Coach, Healer & Medium