

Biography

Dana Barto PCC, MNH, MBA

Health and Wellbeing Coach and Faculty Member International Institute of Coaching & Mentoring

Dana is an experienced Holistic Health Coach and Coach Educator. She is also a faculty member with IICM (<https://www.iicmcoaching.com>) which offers ICF accredited coach training program to become a certified health coach.

Following a successful career in the corporate world, Dana's journey towards natural health began about 13 years ago. Now she has more than a decade of knowledge and experience in the field of Holistic Health Coaching and has worked with hundreds of clients around the world.

Dana provides a deep and meaningful coaching experience to her clients by working on a multidimensional model that enables them to explore options, set goals, gain self-awareness, overcome obstacles and achieve balance. In addition, she mentors, inspires, guides, motivates, and hold them accountable to achieve their goals and implement the positive choices they've identified in their lives.

Dana takes a holistic approach to her work by supporting her clients in harnessing the power of their mind, body and spirit. She utilizes a wide range of modalities to support her client towards optimal health amongst which; cognitive behavior therapy, stress management, heart rate variability, mind-body connection, aromatherapy, Neurofeedback, holistic anatomy, mindfulness, NLP, digital technologies, and personality profiling. She brings presence to her work through compassion, empathy, deep listening and communication skills.

Dana is a PhD candidate, she holds a Master Degree in Natural Health from Quantum University in Hawaii, and an MBA degree from the Sydney University of Technology. She is a Professional Certified Coach (PCC) by the International Coaching Federation.