



For Booking Info, contact me at:

613 432-1239

TESTIMONIALS

“I would recommend Moira to anyone who is looking to get back in touch with who they really are.”

~Mandy

“I thank Moira so much for helping me get my life back on track. I decided I wanted to make a change, and she was right there with me every step of the way”

~Stacey

Moira Hutchison

SIGNATURE PROGRAM

Letting Go So You Can Thrive!! *The 5-Step Process That Gets You Unstuck*

Discover how to get traction on your projects, by getting in alignment with your purpose and your natural talents.

Are you feeling stuck in a meaningless job or relationship? Don't know why you keep repeating the same unhealthy patterns over and over again? Searching for more meaning in life and unsure what your purpose is?

Moira will take you beyond the mental chatter and mindset blocks to experience a sense of calmness and ease in all aspects of your life.

Using humour and real life examples Moira will teach you some simple steps and techniques that you can start using right away to find the motivation and ability to set and accomplish realistic goals while reducing stress and increasing happiness and joy in your life.

BIO

Moira is a Mindfulness-Based Life Coach, Energy Healer and Best-Selling Author. Her specialties range from helping people with expansive goals such as life planning, life purpose and personal balance, to specific goals like creating healthy habits and self-care routines, managing stress, gaining motivation, overcoming procrastination and self-sabotage.

She has multiple certifications in the fields of energy psychology, hypnotherapy, personal growth, spirituality, mindfulness, and self-empowerment.

Using her own approach – The Letting Go Process – she helps people shift from feeling stuck and overwhelmed to being inspired, empowered and actually in control of their lives. You can find her at: www.WellnessWithMoira.com

Author of: ~**Letting Go So You Can Thrive!!**

~**Get Your Life on Track** *Without Jumping off the Train!*

