

Dr. Tanya Lea, Life Balance Practitioner with Consciously Aware

Get to know Life Balance Practitioner, Dr. Tanya Lea, who serves clients in Jacksonville, Florida.



New York City, New York Feb 19, 2024 ([IssueWire.com](https://www.issuewire.com)) - Dr. Lea stands as a beacon of holistic well-being, guiding individuals toward a life of balance, fulfillment, and harmony. With a focus on energy balancing, mindset management, bioenergetics, mind-body integration, emotional regulation, life planning and balance, stress management, and body emotion code, she offers a wide array of

treatments tailored to meet the unique needs of each individual.

In regards to her educational background, she holds a Doctorate in Organizational Leadership from Chaminade University along with a Master of Business Administration (MBA) and Master's degree (MA) in Mental Health Counseling from the University of Phoenix, further enhancing her ability to support individuals in their journey towards holistic well-being.

As a Master Certified Life Coach, Certified Bioenergetic Practitioner, Master Practitioner of Neuro-Linguistic Programming, Certified Energy Healer, and Reiki Master, Dr. Lea brings a diverse range of expertise to her practice. She seamlessly integrates coaching, counseling, and mindfulness practices, providing individuals with the tools they need to navigate life's challenges and unlock their fullest potential.

The doctor's extensive training also includes certifications in Emotional Management, Pattern Recognition & Release, Breathwork, Trauma Healing, Addiction, PTSD, and Shadow Work. Her comprehensive approach to healing addresses the mind, body, and spirit, fostering deep transformation and healing at every level.

A life balance practitioner is a professional who guides individuals in achieving a harmonious and balanced lifestyle. This involves helping clients recognize and manage various aspects of their lives, such as work, relationships, health, and personal development. Life balance practitioners employ strategies to identify and address patterns or habits that may be hindering well-being. Through coaching, counseling, and practical guidance, these practitioners assist individuals in creating a more balanced and fulfilling life, fostering holistic well-being and personal growth.

Learn More about Dr. Tanya Lea:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/85020639-Tanya-Lea-Counselor-Therapist> or through Consciously Aware, <https://www.consciouslyaware.com/meet-the-team>

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Source : Dr. Tanya Lea

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