

# Empowering Emotional Wellness: Destiny Runyon Introduces Sound Mind Coaching in Kentucky

Certified Emotional Health Coach Delivers Compassionate Support for Healing and Lasting Transformation



**New York City, New York May 28, 2025 ([Issuewire.com](https://www.issuewire.com))** - Destiny Runyon, a Certified Emotional Health Coach, is the proud Owner of Sound Mind Coaching, a coaching practice designed to support individuals on their journey to emotional health and well-being. With a deep commitment to creating a safe space for healing, Destiny looks forward to walking alongside clients as they uncover false beliefs, repair past hurts, and step confidently into their true identities.

Her journey into emotional health coaching began with a solid foundation in healthcare. In 2014, Destiny earned a Bachelor of Science in Nursing from Morehead State University, where she developed a strong understanding of patient care. In 2023, she took her passion for helping others to the next level by receiving her coaching certification through Dream Releaser Coaching. Additionally, her training in the faith-based program, Alive & Free Coach launch, has equipped her with specialized skills in trauma and inner healing, allowing her to offer holistic support to her clients.

Before embarking on her coaching career, Destiny served as a full-time Registered Nurse and Fitness Instructor. Her extensive experience in healthcare, coupled with her volunteer work in ministry, has shaped her empathetic approach to coaching. Destiny's struggles have fueled her passion for helping others break free from limiting beliefs and past pain, leading her to create a nurturing environment where clients can thrive.

Her dedication to excellence has not gone unnoticed; Destiny was honored with the title of Nurse of the Year in Interventional Radiology in 2018. This recognition reflects her unwavering commitment to providing exceptional care and support to those in need.

When she is not coaching, Destiny enjoys spending quality time with her children, Levi and Madi. Together, they embrace adventure, enjoy reading, engage in silly dance-offs, and give back to their community. Destiny believes that nurturing a healthy and whole self is essential, not just for her, but for her family as well.

At Sound Mind Coaching, Destiny Runyon welcomes individuals seeking emotional healing and personal growth to reach out and embark on their transformative journey. With a heart for compassion and the expertise to guide lasting change, she is dedicated to helping you uncover inner peace, build resilience, and create a more fulfilling life. Your healing journey begins here, with someone who truly understands and believes in your potential.

### **Learn More about Destiny Runyon:**

Through her online profile, <https://todaysnurse.org/nurse/4151278> or through her website, <https://www.soundmindcoaching.com/>

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