

Dawn Gaden

INTERNATIONAL SPEAKER
SELF IMAGE EXPERT
BESTSELLING AUTHOR

Dawn Gaden is CEO of Mind Body Counseling & Coaching PLLC, licensed counselor, international speaker, and bestselling author of *Voices of Truth* and *The Art of Risk and Reward*.

Dawn has been mentored by speaking icons Bob Proctor and Wayne Dyer, and has spoken on stages and podcasts to over 10,000 people including Proctor Gallagher Institute, the US Air force Academy, United Nation Youth Advisory Ghana, and Crom Castle, Northern Ireland.

With over two decades of expertise in the personal development field as a licensed counselor, self image coach, registered yoga teacher, and has a unique expertise in changing the brain with exercise in a practice called *intenSati*. As an *intenSati* leader, Dawn teaches her clients a whole-body experience that creates a sustainable and powerful image shift that forever impacts their lives.

The Image Shift, her global coaching program creates a high performance state of living that elevates mindset and emotions for thousands of women across the world.

SIGNATURE TALKS

The Image Shift: The Habit of My Emotions and Creating Positive Lasting Change

Do you want to turn on the power of positivity and stop falling into the pit of despair? Dawn teaches you how to create a high performance state of mind and body so that you get the results you want in your life.

Meditation is a Mind Training Tool

Learn how to wake up to your life, get out of autopilot and flex the muscle of the mind in order to create joy, inspiration and abundance in every day.

INTERVIEW QUESTIONS

- What helps clients get out of autopilot?
- How do you help clients tap into the subconscious patterns and change them?
- How does aligning thoughts, words and actions lead to lasting sustainable change?
- How does one embody painful emotions?
- What really creates change (the shift) for people?



"Dawn Gaden is a powerful coach. She uses her personal experience to show and share what's possible when we use our minds to create the life we want. Her clients are blessed to work with this "superwoman". - Joanna Rajendran, Mindset Master, Keynote Speaker and Author of the Must-Read book *My Guru Wears Heels*

"I had an opportunity to work with Dawn Gaden, she is a phenomenal self image coach. I'm so inspired by her story about *The Image Shift*, wherever you are in terms of your mindset, where you see yourself, she helps you clarify the thoughts to build your mindset and master your emotions to support you to get you to the next level. Make sure you work with her!" Christopher Kai ~Fortune 100 global speaker, Billionaire networker

Connect with Dawn

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