

# BIOGRAPHY

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## About Lee Chamberland – Health & Happiness Speaker & Coach



Lee Chamberland is well known for her motivational and uplifting keynote speeches and workshops. Her high energy presentations are fun, inspirational, and full of practical techniques for reducing stress, improving health and wellness, and increasing your “happiness quotient.”

As a wellness coach, Lee provides life-altering support to her clients to help them shift from just getting by to THRIVING.

## Lee’s Education & Experience

Lee Chamberland is the founder of Power of Wellness and a self-proclaimed “grateful student of life.” She has a Master of Science Degree with advanced training in Wellness and Health Promotion. She is a Co-Active Coach (Coaches Training Institute), a Holistic Nutritional Consultant (Global Institute for Alternative Medicine) and a Creating Health Graduate from the Chopra Center for Well Being.

Lee has over 25 years’ experience helping herself and her clients create authentic health and happiness – and a lifetime of realizing, with genuine thankfulness and relief, that “each new instant holds an opportunity for new beginnings”!

## What Lee’s Clients & Seminar Participants Say

*“Lee is like a breath of fresh air – the moment you walk into her presence, you cannot help but feel good... her energy is cleansing, relaxing, yet invigorating. She radiates!”*

*“There were light bulbs going off constantly for me in Lee’s session. She is one of the most inspirational teachers I have ever experienced.”*

*“Participants described her workshop as “the best PD session,” “fabulous – just what I needed to help me at work and home,” “amazing,” “fun,” “enjoyable” and “inspiring.”*  
*“Lee’s session was a great reminder to focus on the important things in life.”*

**For more information, visit [www.powerofwellness.com](http://www.powerofwellness.com)**

Wellness Coaching & Inspirational Speaking  
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