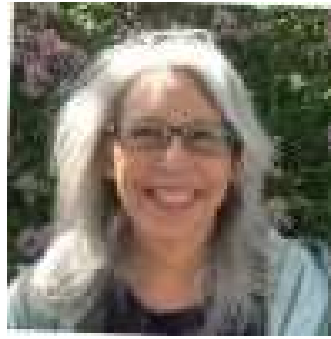


Mary Beckman

Coach, Author, Speaker



FIND OUT MORE:

<https://www.harmonyspringslife.com>

GET IN TOUCH:

Email – harmonyspringslife@gmail.com

FEATURED ON:

Consumer News TV

<https://youtu.be/xlMTIrTaAo4>

TESTIMONIAL:

"I had the opportunity to have Mary as a life coach. She was patient, kind, and informative. She knew just how to lead me to my own internal answers – finding a way to balance my overactive mind and my too quiet heart. The lessons I learned started a chain reaction of changes in my life, providing direction I didn't even realize I was missing. For those that are feeling a little lost, a life coach is a valuable resource and Mary would be an ideal choice. She excels at guidance, asking just the right questions, and being non-judgmental, not to mention that patience and kindness I alluded to earlier." ~ *Rebecca M.*

ABOUT ME:

I'm a trained certified Professional Empowerment Life Coach, certified Emotional Freedom Technique / Thought Field Technique tapping practitioner, and Certified Master Splankna Practitioner. It's been a great transition for me after 30 years of designing computer circuit boards, software testing, project engineering and five working trips to Antarctica.

As the author of "Searching for Sunny Skies: Find the right help to move from stuck to successfully forging ahead on life's path", I believe that knowing how to find the right help for mental wellness is very important for everyone.

After many years of going through traditional counseling and therapy, I found the missing pieces to my healing through life coaches and Splankna sessions.

My heart's desire is to help women who are experiencing feelings of confusion, overwhelm, and being stuck to be able to experience clarity, direction, and confidence.

TOPICS I LOVE TO SPEAK ON:

- Never giving up on finding solutions
- Splankna as a healing tool
- Tools for childhood trauma recovery
- Finding the right mental and emotional help
- Managing Overwhelm
- Antarctica experiences