**Wendy Axelrod**

Wendy is a former practicing attorney and ICF-certified professional coach with certifications in clearing negative emotional energy (“energy healing”), coaching, project management, and business systems analysis. She has reinvented herself professionally over her 25+ year career in a variety of roles including litigator, business systems analyst, project manager, manager, eDiscovery consultant, business developer, adjunct professor, coach and energy practitioner. Through her uniquely diverse experience, she has developed powerful interviewing, listening, problem solving and brainstorming skills which have enabled her to quickly clarify client struggles and goals and co-create practical action steps with her clients that feel aligned so her clients are highly motivated to achieve them. As clients encounter blocks to taking action, Wendy clears them using an innovative energy method modality. This enables her high performer clients to achieve their goals much faster than they would on their own or through coaching alone.

Key to her success (and most rewarding aspect of her work!) is her innate ability to consistently shift clients from a resistant "I can't" or "I won't" (adopt new perspectives or ways of doing things) to an empowered "I can" and "I am" seeing and confidently pursuing possibilities with confidence and ease.

As an Energy Practitioner and highly intuitive empath, Wendy meets clients exactly where they are in the depths of their internal struggle, so they feel deeply seen, understood and supported. She clears the negative emotional blocks and beliefs that prevent forward movement using an innovative energy modality that gets to the root cause. Wendy literally helps clients unload their emotional baggage so they can feel lighter and more confident, self-aware and at peace.

Wendy was led to energy work because of her own mid-career transition challenges aligning her purpose, unique talents and career, which she ultimately learned were greatly magnified because of childhood trauma. She accepted an invitation to experience this powerful modality complimentarily - admittedly having no idea what it was - and *it has hands down been the most transformational work she has ever done or received*. In fact, *she feels better than she ever has notwithstanding world events*. Wendy is thrilled to spread the word about the powerful work of energy practitioners as a great tool for enhanced wellness and performance.

Wendy is based in NYC and loves hiking, traveling, reading, meaningful conversation and meeting new people.