**Wendy Axelrod - Bio**

**Wendy S. Axelrod**

Wendy S. Axelrod is an Empowerment Guide and Intuitive Energy Practitioner. She helps high performers in their 40s and 50s who are hungry to create their desired impact and fulfillment in life, career and relationships. A former practicing lawyer, technologist, eDiscovery practitioner, and coach, Wendy has empowered numerous lawyers and other high performers gain clarity about their purpose and to go after what they want by developing a deeper awareness of self-limiting patterns and releasing fears of judgment and criticism that are keeping them stuck.

Wendy meets clients exactly where they are in the depths of their internal struggle, so they feel deeply seen, understood and supported. As her clients encounter blocks to taking action, Wendy clears them using innovative energy and coaching modalities. This enables her high performer clients to achieve their goals much faster than they would on their own.

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. Just as Wendy is offering you an opportunity to book a session with her here, she, too, was offered an opportunity to experience this powerful practice complimentarily. Admittedly having no idea what energy work was, she gave it a shot because it offered the relief that traditional talk modalities hadn’t provided. Taking this leap of faith turned out to be *hands down the most transformational work she has ever received (or done)*. 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 to the members of ACC!

Areas of Energy Practitioner Expertise:

* Increasing self-awareness and self-belief
* Improving intimacy, compassion and empathy in relationships
* Increasing trust and acceptance of self and others
* Moving past procrastination to take consistent action towards goals
* Setting and maintaining boundaries
* Replacing limiting beliefs with empowering ones
* Increasing clarity of life purpose and meaning
* Managing emotions with greater ease (i.e., enhanced emotional intelligence)

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

Wendy can be reached at [wendy@wsaxelrod.com](mailto:wendy@wsaxelrod.com).