

JOVANKA CIARES, CCWC

Certified Wellness Coach – Author – Speaker

Wellness Ideas that Inspire Action

Jovanka will **inspire** and **motivate** your next conference or event by calling attendees to action and **motivating them to create long-lasting positive changes** in their lives.

Jovanka will generate rapport with your audience using entertaining yet **highly valuable content**, that will provide solutions to will help them reach their **wellness goals**.

Ms. Ciares will ignite your audiences by inspiring them to embrace their fullest potential, thus **empowering and motivating** people to be true to themselves and perform to **their highest standard**.



Jovanka is an Afro-Latinx former entertainment executive who, after struggling with multiple chronic health conditions, became a registered herbalist, nutrition educator, executive coach and disease prevention advocate. Born and raised in Puerto Rico, Jovanka is the creator of the #ReclaimingWellness educational initiative, which educates BIPOC communities, Corporate audiences and people struggling with life-threatening and chronic conditions on the power of plant-based living and mindfulness for their healing journey. Her book "Reclaiming Wellness" (new World Library) is scheduled for a Spring 2022 release.

SPEAKING TOPICS

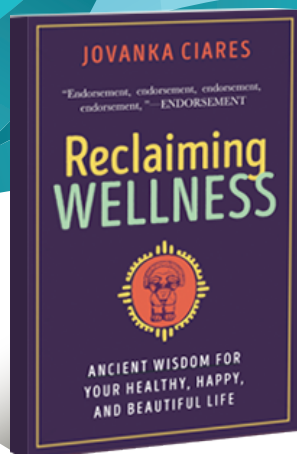
- Creating a wellness culture in your business / organization
- Reclaiming Wellness: How To Re-embrace the Food, Botanicals, Mindfulness Practices of Your Ancestry
- Building a Society of Health and Wellness Seekers

"Jovanka's presentation not only conveyed easy-to-use information but also motivated the audience to take the actions needed to get results fast."

Janet Sussman, Exec. Director
EyeCatcher Consulting Group

"Our group loved Jovanka's approach to health and wellness. We learned a lot and are scheduling her to come back, to help keep us motivated."

Samantha Wilford
Women's Preventive Health Center



About Reclaiming Wellness, the Book

Reclaiming Wellness is an exploration of the most popular wellness practices today and their multi-cultural roots. The author aims at inspiring people, especially BIPOC, to reclaim the wellness practices of their ancestry in hopes that they too can reclaim their natural and rightful state of wellness.

TO BOOK JOVANKA PLEASE CONTACT

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