

ANA SHOLIN

Resilience & Personal Growth Speaker

Helping Women, Mothers, and Families Create Healthier Boundaries and Move Forward with Clarity

“Clarity of outcome leads to clarity of action.”



ABOUT ANA

Ana is a resilience and personal growth speaker, NLP *Find Your Inner Strength* Life Coach, and Reiki Master Level Practitioner who helps women, parents, and families navigate challenging life transitions through self-awareness, healthy boundaries, and intentional action.

With over eight years of healthcare experience in pharmacy services and medical billing/claims resolution, combined with her own journey through motherhood and healing, Ana created the Clarity of Outcome Framework—a six-step approach to recognizing patterns, protecting what matters most, and moving forward with confidence and compassion.

FEATURED KEYNOTE

Clarity of Outcome:

A Six-Step Framework for Boundaries, Healing, and Moving Forward

Audiences learn how to:

- ✓ **Identify what matters most**
- ✓ **Recognize patterns that impact well-being**
- ✓ **Create healthy boundaries**
- ✓ **Focus on what is within their control**
- ✓ **Move forward with resilience and purpose**

SPEAKING TOPICS

- **Resilience & Emotional Wellness**
- **Healthy Boundaries**
- **Women's Empowerment**
- **Parenting & Family Wellness**
- **Personal Growth & Transformation**

CREDENTIALS

- **NLP *Find Your Inner Strength* Life Coach**
- **Reiki Master Level Practitioner**
- **Previously PTCB Certified Pharmacy Technician**
- **8+ years healthcare experience**
- **Workshop Facilitator**

BOOK ANA

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Linktr.ee/Find.Your.Inner.Strength.Ana

Helping others discover their inner strength and create a life aligned with what matters most.