



Dr Shaunna

MEDIA BIO + PRESS KIT



Dr Shaunna

About

After twenty-five years as a medical doctor and over a decade as a health coach, Dr. Shaunna Menard now teaches health coaches how to create a six-figure, soul-satisfying practice without burning out. She is a former Chair of Public Health, Assistant Professor of Medicine and has shared the stage with Deepak Chopra, taught at the Institute for Integrative Nutrition, has been featured on Breakfast Television and has spoken live on stage in front of audiences in the thousands. She is sought after as an engaging and dynamic speaker to share her inspiring story including medical miracles within her family!

Following her true calling led her from burned out doctor to blissed out health coach. Other health coaches soon sought her out to do the same. She is the founder of The Health Professional Academy and author of Free to Heal and Six-Figure Health Coach. Dr. Shaunna lives in beautiful Kelowna, BC, Canada with her husband and 4 sons. With years of experience in the industry and having built a successful health coaching practice from the ground up, she knows what it takes to create and sustain a successful practice. More importantly, Dr Shaunna knows how to eliminate the costly and challenging trial and error process of creating that successful practice. Her teachings are designed to eliminate uncertainty and show you the exact steps to take you on your journey towards creating a successful and soul-satisfying health coaching practice in order to help people live their healthiest, happiest lives.

Dr Shaunna is also passionate about helping others make the impossible, possible by transforming internal beliefs and harnessing the power of the mind. Dr Shaunna's teachings on this subject incorporate her proprietary "emotional elevator" system to demonstrate and teach others the keys to success and transformative results that defy the odds in all areas of life including medical miracles, enlightenment, successful careers and amazing relationships!



Dr Shaunna

■ Growing Audience



5000+



1700+



6000+



4620+

■ Approved Logos and Media

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■ Contact

Please contact [**shaunna@drshaunna.com**](mailto:shaunna@drshaunna.com) for all inquiries and more information regarding booking Dr Shaunna for interviews, podcasts and speaking engagements.