

Lynn DelGaudio is an Integrative Health & Mindstyle™ coach, author and speaker, focused on helping empower individuals to live more deliberately.

After sustaining a traumatic brain and spinal cord injury, Lynn intuitively developed a systematic approach (that she later learned was based in neuroscience), to not only healing, but also living a more purposeful, joyful, and less stressful life. Her tools have been used by athletes, teachers, parents, children, brain injury survivors and business professionals. Because Lynn's experience was nothing short of profoundly transformative, she is on a mission to help others improve what Lynn refers to as the "mindstyle" - the quality and practice of our thinking.

In her book, *Altered on Impact*, Lynn recounts her journey through the injury and healing through, and offers a very practical roadmap to help others in their own transformation. Lynn has been featured in several TV and radio shows, podcasts and magazines and is currently a contributing writer to *The City Insight* magazine locally. She also creates Blueprints for Well Being online summits with expert speakers from around the world, that focus on different aspects of holistic health, through a wide variety of lenses. These summits seek to inform, inspire, and empower individuals to take control of their own health. You can learn more about Lynn at www.lynnedelgaudio.com

