

Release & Renew

Transformational Coaching

BODY • MIND • SPIRIT • EMOTION

"Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength. The second is this: Love your neighbor as yourself. There is no commandment greater than these." - Mark 12:30-31 (NIV)

So often we get stuck on this part of the Great Commandment: **yourself**. Especially with women, we tend to take care of everyone else...and forget about ourselves. This pattern often happens year after year after year until our health is compromised, our weight is out of control, our energy is low and our stress is high, or our most intimate relationships suffer.

This is why I became a Transformational Health and Mindset Coach. I help clients (just like you) recognize and change unconscious, unhealthy habits that have crept in slowly through the years. I want to help you not only practice self-care, but also soul-care.

We are commanded to love others as OURSELVES. How are you doing? Are you stuck or feeling stagnant in any area of your life that is holding you back from being the healthiest, happiest version of yourself?

We have been given only one body to carry our souls through this adventure called "life." This body is a gift from God. It is our soul's gift wrap. How can you be a better steward of this gift?

I would love to help you unlock the parts of yourself that have taken a back seat, or areas of your life where you feel your light has dimmed or is almost snuffed out.

Let's work together to rekindle the fire within so that self-care and soul-care become as natural to you as breathing.

My Story...

I have a TON of energy, but it wasn't always this way. Over 10 years ago, I was diagnosed with rheumatoid arthritis. But that diagnosis didn't feel right to me. I became very conscious of what I fed myself with both food and thought. I was soon off all medication and have been healed ever since. Learn the full story on my website.

Schedule a FREE 60-minute Discovery Coaching Session

through my website to gain clarity on how coaching will help you realize your dreams.

Have questions?

I try to answer most questions on my FAQ web page, but if you don't find your answer, schedule a Free 60-minute Discovery Coaching Session with me.



Coach Jill Felts



Invite me to inspire your group with one of my talks, sharing useful Aha's (backed by research), experiential exercises, and action steps you can immediately implement.

Talks I love to give:

- ⌄ **Slow Down to Speed Up Your Metabolism**
Vitamins for the Soul
- ⌄ **Healing Hydration:**
Beat Fatigue and Heal Your Body
- ⌄ **Your Body is Your Soul's Gift Wrap**
- ⌄ **Where Energy Goes - Energy Flows**
- ⌄ **Don't Buy a Ticket on the Sugar Roller Coaster**
- ⌄ **Fat is Phat!**
- ⌄ **The Art of Receiving**

Request more information on any of these Transformational talks.

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Speaking Testimonials

"Jill's talk was great and very informative! I think it really provided some perspective to us about handling stress and how much it really plays a role in metabolism – her tips/suggestions all made sense and were helpful. I took a lot of good notes. I think it would be useful to have her come back and do another presentation." - **Liz**

"I LOVED it! She was fantastic and I really learned some very practical, useful tools. I'm so excited to sign up for my sessions." - **Lisa**

"I had the privilege of hearing Jill speak to an audience of 100 who she captivated for nearly an hour. She is a very authentic and engaging speaker. Her gentle and caring personality comes beaming through when she talks and you can just tell how much she genuinely cares as she shares her stories from her heart. She is a gift from God and as real as they come. I'm enriched and blessed to know her." - **Michelle Larter** *IMN*

"Loved it so much!! I learned so much that I don't think I would have if it wouldn't have been for her talk! Very informative without trying to "shove" a lifestyle onto you like I feel so many health talks do. I would love for her to come back and talk about anything relating to health! Maybe even self-care or something along that line!" - **Jennifer**

"What a great job you did today! I wanted to talk to you more, but you had a crowd around you afterward. You truly have a gift...you give me inspiration to be a better person and have a closer relationship with our Maker." - **Ellen McCormick** *Attendee, Atlanta, GA*

"I loved her. I want to know more." - **Mandy**

"I want to say that it was such a blessing meeting you last night. Your presentation was simply inspiring. You motivated each and every one of us! Thank you for challenging us to ask ourselves, 'Who are you being?' Just profound." - **Patrice Green** *Women's Initiative Network Attendee, Charlotte, NC*

"Jill brought a great zest and heartfelt testimony to our Women's Expo as a leadership panelist. She inspired business and ministry leaders to follow God's lead, stay on course and press through challenges to a level of success beyond their imagination. She's living proof!" - **Margaret Mitchell** *Founder, God's Love at Work, Inc.*



Client Testimonials

"For months before my wedding, I was doing Orange Theory Fitness 3 times a week and trying to eat an 1800 calorie diet (with the occasional extra wine) to get "wedding ready," and I wasn't shedding a single pound. I was dumbfounded. Jill introduced me to a regimen of protein-based smoothies as part of our consultation and my body immediately responded, shedding 7 lbs. in 6 weeks before the big day. Instead of shocking my system, I was feeding it the right foods to feel nourished and safe. Very grateful to Coach Jill! I feel beautiful inside and out."

JO *Boston, MA*

"When I think about the changes in my body and mind over the past few weeks with you as my Health Coach, what comes to me the most is that after only my 3rd session with you I noticed how the change in me happened so fast! My reflux has diminished, I've lost weight, and I have more ENERGY in the afternoon. This is such a huge change for me, because I have had these issues for far too long. Thank you! I can't wait to see what changes I have in the future with you!!!"

JH *Loganville, GA*

"The "magic-plate" concept has made such a difference in my life! I stay full all morning into the early afternoon. I used to eat a muffin in the morning and would be starving again in an hour. I'm so amazed that even by drastically reducing my caffeine intake to one cup in the morning, I have sustained ENERGY throughout the afternoon. My skin looks better, I am sleeping better and have more overall energy. Thank you!"

LC *Atlanta, GA*

"I feel such peace. This peace is seeping into all my relationships. So very grateful."

GV *Dallas, TX*



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