

MEET Samantha

Hey Beauty!

It's such an honor to connect with you and share some of the simple yet powerful tools that have made a real difference in my own life.

If you're anything like me, you might know the weight of chronic worry, perfectionism, or the sneaky habit of making stress even worse by overthinking. I've been there. For years, I walked through the fog of depression, searching for light. Along the way, I discovered tools that helped me not only cope—but come home to myself.

Learning to manage my mind with the VIBE method, and practicing daily nervous system regulation, has brought deep peace into my life. But this isn't just about feeling good. It's about building the capacity to hold the full spectrum of life—the hard, the beautiful, the messy, and the magical.

Because life doesn't live in either/or. It lives in both. And my wish for you is this: that no matter what life throws your way, you feel grounded, resourced, and resilient—able to thrive through it all.

*Hi,
Samantha*



Fun Facts About Me:

I'm a...

Daughter, sister, wife, aunt, fur-mom to two amazing pups

I love to...

VIBE, deep conversation, laugh, travel, paddle board, walk in nature, read, cook, & snuggle my pups

I have...

- Been a professional coach for 8 years & worked with over 1,000 individuals
- Lived in 5 states in America
- Created and taught over 14,000 people how to be Life Coaches through Health Coach Institute