

Educating and inspiring people to make small changes that create big shifts in their wellbeing.

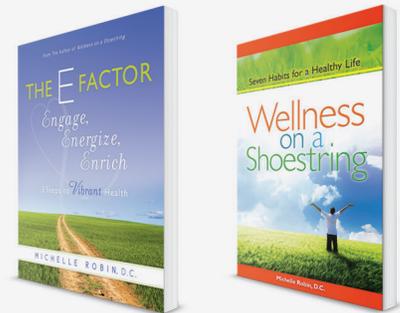
Being well is not the absence of disease. It is the flourishing of the whole being – mind, body and spirit. You cannot heal the body without healing the heart. No one is perfect. We all are on a wellness journey, a continuum of well-being. Dr. Robin strives to help her clients and all those she touches through talks, writing, etc., to understand the holistic nature of wellness and accept where they are on their journey. When they see the whole picture they can move forward, one decision at a time, making small changes that will create big shifts in well-being, allowing them to reach their goals.

Bio

Dr. Robin is an international speaker, best selling author, radio host, and practicing chiropractor. She is the Chairman of the Board of Small Changes Big Shifts[®], an organization that exists to empower people to whole health through balanced daily practices and wellness providers who guide them. She is also the founder of Your Wellness Connection, P.A., one of the nation's most successful integrative healing centers. Dr. Robin consults with businesses and non-profit organizations developing wellness programs. She is a keynote speaker on the topic of improving individual well-being and creating a culture of wellness, and has presented to a wide variety of companies, organizations, and conferences across the US and Canada.

She is the author of *The E Factor: Engage, Energize, Enrich – 3 Steps to Vibrant Health*, *Wellness on a Shoestring: Seven Habits for a Healthy Life*, as well as its companion curriculum, *The Wellness on a Shoestring Program*, and co-author of the bestseller *Succeeding In Spite of Everything*. She also has a series of four mini-books called "Choose Wellness" that are written for different age groups of kids, ages 2 to 21, and adults. The Choose Wellness series also includes a mini-book for the health of your furry family members, *Wellness on a Leash*. Her latest book is *Small Changes, Big Shifts: Put the Odds in Your Favor!*

Dr. Robin also consults with businesses and non-profit organizations developing wellness programs. She has spoken on improving individual well-being as well as creating a culture of wellness, to a wide variety of groups and organizations across North America.



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