

Turning a New Leaf

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Vanessa Woodburn is a certified IIN health coach, educator and author. Her first book *Bounce Back: Reclaim Your Life After A Concussion* was published in 2020 and is a #1 Amazon Bestseller. Vanessa's passion for healing shines through in her work centered around resilience, self-compassion, and helping people bounce back after a setback - mind, body, and spirit. She weaves her years of experience in education, wellness, health, resilience, and compassion into her programs, workshops, coaching and talks. Vanessa lives in Mississauga, Ontario with her husband Oliver and three teens.

