

Martina C Steiger, ThD, BEd, MA is an inspirational speaker, educator, life/spiritual/transition/wellness coach, lecturer, writer, and director of *Creative Conscious Transformation*.

In an environment of trust and integrity, she is dedicated to holding space for individuals who desire to connect or connect more deeply with their own being. Appreciation and forgiveness for what was and is, accompanied by ever growing awareness of the presence, with a focus on the innate creative infinite potential we all are as BEINGS, form the basis of *Creative Conscious Transformation*, her approach to life.

Martina facilitates innovative transformation and growth. Through powerful questions and simple, effective, and powerful tools she inspires intentional living and learning. These tools invite authentic participation in the flow of life to create the desired changes, satisfaction, and success through inspired dialogue and addressing the whole being ‘from the insight out.’ The creative process of finding and establishing a healthy re-connection with the wise inner voice—we all are that genius and can learn to access it—leads to a place of balance and wholeness. From there we affect change that ignites resourceful choices, responses and solutions to challenging transitions and/or exciting moments.

She serves clients by phone and in person. She also conducts tele-seminars. Consult the website for more information. www.martinasteiger.com.

Nationally and internationally, Martina offers seminars and workshops in English and German on a variety of subjects in the broad field of Spiritual Life Coaching and Consciousness, including Loss and Grief; Health and Wellness; Stress Reduction and Stress Management (Getting UnStressed); Self-awareness and Personal Growth; Intuitive and Whole-being Learning; Intuition and Intention; Creative Art of Living and Learning; Writing, Journaling, and more.

She has received her certification as Associate Certified Coach (ACC) through the International Coach Federation (ICF). She works as the Assistant Editor of the *International Journal of Healing and Caring* —www.ijhc.org.