

Martina C Steiger is an inspirational speaker, educator, life/spiritual/transition/wellness coach, lecturer, writer, and director of *Creative Conscious Transformation*, an organization that evolved over decades and reflects the life experiences and the vision of its director Martina. This vision includes bringing together diverse interest groups while assisting them to build bridges through dialogue and deep listening that foster relationships so resilient communities can develop and thrive. She remains devoted to her service as a leader and innovative resource to adolescents and young adults as well as individuals of all ages and backgrounds.

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, 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; the Power of Belief; Building Bridges among diverse interest groups; Practical Spirituality; Infinite Mind: An Exploration of the Cosmic Web of Possibilities; Creative Art of Living and Learning; Writing, Journaling, and Storytelling.

Martina Steiger, ThD, received her undergraduate degree from the Universität Mannheim in Germany, a BEd from the University of Western Ontario, London, Canada, and an MA from the University of Waterloo. After devoting close to two decades of teaching high school, Dr. Steiger completed her doctorate at Holos University Graduate Seminary and was ordained a minister in the International Science of Mind Church for Spiritual Healing—www.HolosUniversity.org.

She has received her certification as Associate Certified Coach (ACC) through the International Coach Federation (ICF). She served as Professor and Dean of Faculty and Academics at Holos University for several years before refocusing on her writing and teaching in the broad context of Spiritual Life Coaching and Consciousness as well as implementing the vision and mission of her company. She works as the Assistant Editor of the *International Journal of Healing and Caring*—www.ijhc.org.