

Pascale Langelier

Credentials, skills and experiences



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SKILLS

Wholehearted

Wise decision-making

Professionalism

Collaboration

Communication Skills

Adaptability

Analytical Skills

Listening Skills

Compassion

Trustworthiness

Patience

HOBBIES & INTERESTS

Fencing

Tennis

Hiking and nature

Bird-watching

Meditation

Cooking & baking

Language learning

Music

Creating outfits

Reading

Gardening

I am delighted to have the opportunity to introduce myself and present my credentials, which reflect a lifelong commitment to value-based work and the pursuit of well-being. With a deep passion for personal development, spirituality, and supporting individuals on their journey to live meaningful lives, I bring a unique blend of experience and expertise to the table.

Born in Fleurimont, Sherbrooke and raised in the quaint town of Victoriaville, Quebec, Canada, I was instilled with strong values from an early age. These values have shaped my personal and professional expenditure, guiding me toward a purpose-driven career that positively impact's lives.

From a young age, I was captivated by holistic literature and embarked on a quest for knowledge and understanding. This curiosity led me to complete my education in Human Science. Furthering my commitment to individual growth, I sought academic credits in Business Administration at the university level, broadening my perspective and nurturing my entrepreneurial spirit.

While still in my early teens, I ventured on my skilled journey by working in various small businesses, including coffee shops, art stores, and clothing stores. These early experiences imbued in me a strong work ethic, a customer-centric approach, and the importance of fostering genuine connections with people from all walks of life.

My desire for expansion took me to the vibrant city of Vancouver, where I resided for a decade. During this time, I worked in the banking industry as an analyst and underwriter for major corporations such as HSBC, GE, and MCAP. These roles sharpened my analytical skills, attention to detail, and ability to navigate complex financial landscapes.

Amidst my professional pursuits, I undertook the marriage and parenthood journey, cherishing the joys and challenges of accompanying family life. Inspired by the experiences and responsibilities of raising a family, I felt a deep calling to make a positive difference in the world. This calling led me to explore entrepreneurship and create my own coaching company.

Simultaneously, my relentless passion for holistic soundness prompted me to study naturopathy. As I deepened my understanding of these fields, I discovered the immense power of coaching and support in facilitating personal transformation. Since 2011, I have devoted myself full-time to studying and working in spirituality, crafting conferences, programs, and individual sessions to guide individuals toward self-discovery and inner peace.

In my dream of goodness, I have invested strategically in my growth and the well-being of my clients. I have acquired certifications and attestations in various areas, including becoming a certified Light Practitioner, a qualified Meditation Teacher, and a Naturotherapist (ANQ member). Furthermore, I have credentials in grief bereavement, nutrition and supplementation, and harmonization and wellness.

Throughout my journey, I have embraced an ethical approach to my work. I believe in the power of authentic and compassionate communication, where clients feel seen, heard, and cherished.

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FAVORITE THINGS

Spending quality time
Embracing children
Exploring new places
Connecting with new people
Relaxing & unwinding
Trying new experiences
Cherishing friendship
Warm conversations
Savoring a delightful
Coffee in good
Company!

VALUE ESSENTIALS

Everlasting peace
Remarkable vision
Achievement mastery
Wisdom learning
Loving-Compassion
Passionate-Service
Self-Protection

PREFERRED QUOTE

“When life seems empty of sense, and things appear dim, remember that the best is yet to come in the darkest moments. Keep the faith, hold on to hope, and trust that a brighter chapter awaits.”

- The Life Essence

I take pride in providing guidance, offering fresh perspectives, and holding clients accountable for their goals and commitments. Moreover, I encourage an environment of emotional support, empowering individuals to integrate spiritual practices into their everyday lives.

Balancing my professional endeavors with the responsibilities of family life has been a fulfilling, challenging, and a rewarding journey. Raising a healthy home has reinforced my commitment to fostering holistic well-being and inspiring others to create meaningful lives.

In conclusion, my credentials reflect a lifetime of dedication to personal expansion, spirituality, and supporting people in their exploration for well-being. I am eager to contribute my expertise, background, and passion to impact your life positively.

Thank you, and it's my pleasure to meet you here!

With humbleness and gratitude,

Pascale Langelier