

ERIN WOOD

Erin Wood is joyful, authentic, and empowered, and she wants you to know that you have all the answers within yourself. You are worthy of love and living an amazing life.

As an Ontological Life Coach, Erin's mission is to help you connect with the deep, wise knowing inside yourself. You are already a whole, complete person worthy of time, attention, and love.

What led Erin to this belief?

In her teens, she loved herself, had great self-esteem, confidence, and excitement for the future. Erin was a gifted athlete and top of her class academically when she began experiencing health problems that left her exhausted and in constant pain.

She couldn't keep up with her sports; she couldn't keep up with her studies.

After a host of tests, doctor visits, and weeks of withdrawal, Erin was diagnosed with chronic health problems that she was told would plague her for the rest of her life. Instead of thriving, Erin focused on surviving. Her mindset, self-esteem, and self-worth plummeted. She was in a constant state of depression and anxiety.

Little did she know that she was just the beginning of her health journey, one that would continue to worsen through her twenties and into her thirties.



**BE JOYFUL
BE AUTHENTIC
BE EMPOWERED**

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During that time period, she began to identify as someone who was broken and defined her worth by her illnesses and disabilities. Then, when Erin was 33, she had a series of strokes. She had an undiagnosed blood clotting disorder that reacted dangerously with the fertility medication that she was on. She was diagnosed with Lupus. Due to the strokes, she developed dyslexia, her depression and anxiety continued unchecked, and her chronic fatigue was debilitating, along with the grief of being unable to have children. [She hit bottom.](#)

This was her turning point, and it started with a decision.

[Erin decided to choose happiness.](#) Yes, there were things outside of her control, but she could choose her attitude and what to focus on.

Erin bravely decided to step out of her comfort zone and believe there was more to her than the health conditions that had defined her life for the last twenty years. She refused to spend the next twenty years going through the motions, dragging herself through each day. So, she began to explore methods to heal her health and emotions, as well as give her a path toward a brighter future.

She embraced self-love and became her first client. She was determined to lower or eliminate the medications that made her tired and check out. She invested in personal development courses, self-help books, journaling, and practicing gratitude. That is when she discovered the [Ontological approach to life coaching.](#)

Now a college graduate with a degree in psychology and an Ontological life coach, Erin believes...

- All the answers are within you; you are wiser than you know
- Getting in touch with your WHY will give you clarity about how you need to show up and what goals are important to you
- Stretching out of your comfort zone is difficult but necessary
- You are worthy of your attention, appreciation, and respect
- Self-love is born out of self-exploration
- Connecting and appreciating your authentic self without judgment builds self-esteem and self-empowerment

As a coach, she is your champion.

Having a person to walk alongside you and help you with accountability is invaluable.

Now 42, Erin is thriving at work, in her marriage, and in her relationship with herself. As her self-love grew, she could focus more on her health, which in return got better. She lost 85 pounds and added exercise and proper nutrition to her routine. She is working hard on changing her identity from *disabled with countless limitations* to *empowered, healthy, and successful life coach*! [She started Empower ME Coaching to help other women find their inner WHY, and helps them identify the tools that will enable them to be their most authentic selves!](#) As Erin knows firsthand, sometimes the first step to getting in touch with your inner wisdom is getting out of your own way and asking for help.

One key to her optimistic outlook for the future and purposeful thriving is her passion is to help other women uncover their inner wisdom and grow in love for themselves. Seeing the appreciation, joy, and fulfillment on her clients' faces makes it all worthwhile. Erin knows how debilitating anxiety and depression can be, and she also knows what it takes to choose to be your authentic, lovely self every day; that is what her coaching philosophy is founded on.

[Recently, a few clients shared,](#)

- *Erin helped me look at life differently, from resigned to thriving. Erin helped by encouraging self-awareness, self-care, and self-love. I see myself as open to possibilities. -JD*
- *Erin is great. She asks very probing questions and helps me explore things in a way I wouldn't think to on my own. She's helped me challenge self-limiting beliefs. She's been nothing but kind and gracious with what I share, and I've never felt judged. I highly recommend Erin. -DW*
- *Erin has helped me to make some great changes in my life. She has also helped me recognize my strengths and focus on my goals. I would recommend her coaching and empowerment tools to anyone. -KLL*

Are you ready to embrace the unknown and empower yourself to connect with your authentic self? Grow your self-love? Tap into your inner wisdom? Learn to get out of your own way, stop caring for others more than yourself, and do things out of obligation.

[Ready to start your journey to inner love?](#) Erin is here to help you.



With gratitude,
Erin Wood



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