

BIOGRAPHY:

Dawna Daigneault Ed.S., LPC



SUMMARY:

Dawna Daigneault Ed.S., LPC, spent the past two years of her personal time creating So Worthy, a self-worth app that introduces an explorative and introspective healing space for people in their own homes. This free app is set to launch on May 21, 2020.

As the owner of Zest of Life, LLC, a private practice in Kansas City, Mo., Daigneault specializes in anxiety and depression stemming from low self-esteem, but has also honed her skills for self-worth issues within work, relationship and family systems.

Daigneault developed the So Worthy app with basic pathways to guide people using their own awareness back to self-worth. The app asks challenging questions while assisting users to find their balance and exercise self-compassion on-the-go. To accompany the mobile app, the So Worthy Activity Journal is now available on Kindle. The journal encourages users to record thoughts and reflections during activities that facilitate deepening their awareness.

Daigneault graduated from the University of Missouri – Kansas City with a master's degree in counseling. She was awarded the Caring Master's Student Award before continuing to earn an education specialist postgraduate degree. Throughout Daigneault's career, she has authored local articles and blogs on balance and self-awareness, as well as led workshops, seminars and group classes. She was an ongoing presenter at Focus Seminars 2006-2010 and has conducted speaking engagements at various women's events. All the while, collecting real-life challenges and experiences through her own perspective and her professional surroundings.

In 2012, Daigneault wrote the Ribbon of Worth essay in order to assist her clients in forming a mental image of how to protect self-worth. She created an online community called Ribbon of Worth to promote individual and community wellness through sharing her wealth of experience on self-worth. It was through this initial effort and Daigneault's own process of self-love and learning that the So Worthy concept was born.

The new app is available on iOS and Android beginning May 2020 along with a Facebook Group for sharing ideas and user-contributions to the app's second version. During times of stress and grief, Daigneault's focus on self-awareness, self-esteem, self-respect and self-confidence at your fingertips provides a safe and comfortable environment for remembering self-worth.

More Information:

<https://soworthy.app/>

<https://www.ribbonofworth.org>

<https://www.facebook.com/groups/SoWorthyApp/>

<https://amzn.to/34X62sa>