



Jennifer Schwartz

life coach

Jennifer Schwartz is a certified life coach and graduate of the University of Santa Monica with a degree in Spiritual Psychology. Since 2009, she has dedicated herself to empowering individuals to transcend fears, redefine narratives, and uncover true voices. Her expertise lies in guiding clients on transformative journeys through forgiveness, leading to lives filled with freedom, self-love, and compassion.

CONTACT

- TheSpaGoddess@gmail.com
- 818-445-5331
- theevolvingwoman.net

SKILLS:

- Personal Coaching
- Workshop Facilitation
- Wellness Retreat Design
- Public Speaking
- Spiritual Guidance
- Stress Management Techniques

QUALIFICATIONS

- Certified Life Coach
- Master's in Spiritual Psychology, University of Santa Monica

EXPERTISE:

- Forgiveness
- Women Over 40
- Spiritual Wellness
- Mindfulness
- Healing
- Meditation
- Spa Travel

Work History

Founder & Lead Coach

Evolving Woman

June 2009 – Present

- Developed and led coaching programs in both virtual and face-to-face settings.
- Organized group sessions and workshops focusing on themes such as mindfulness, forgiveness, and compassion.
- Served as a guest speaker at esteemed venues and organizations, including Spirit Works Center for Spiritual Living, Casa De Maria, Miraval Spa and Resort, and the Optimist Club.

Retreat Consultant

Plaza Travel

Jan. 1993– June 2009

- Helped design personalized spa wellness retreats, combining relaxation with practical wellness strategies.
- Coordinated annual group retreats and workshops in locations such as Utah, Arizona, and Mexico, creating sacred spaces for spiritual rejuvenation and growth.